

appetite

your guide to a delicious life

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Great
Paella
Recipes

11th
Anniversary
Issue



✧ A food
tour of
Ho Chi
Minh

✧ Where to
find Bavarian,
Peruvian, and
Ethiopian food
in the metro

McCormick
Fiesta
Paella, p.26

Fiesta Ready!

Sausage and Bean Casserole, Grilled Piri Piri Prawns,
Pork Kebabs with Grapes, Arroz à la Cubana,
Boquerones, Pasteles De Yuca, Chocotorta

Make
chicken
chicharon
at home



Piña Ham



This succulent ham is a family favorite.
It's sweet smoked flavor is perfect
for any occasion.

Weight: 800 grams and 1.0kg (Whole Meat)
(Special sizes also available from 700 grams to 3.0 kg.)

Sweet Ham



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to 6 kilos

Pear Shaped Ham



A Christmas ham that's light on the pocket.
It has an irresistible flavor everybody
will surely enjoy.

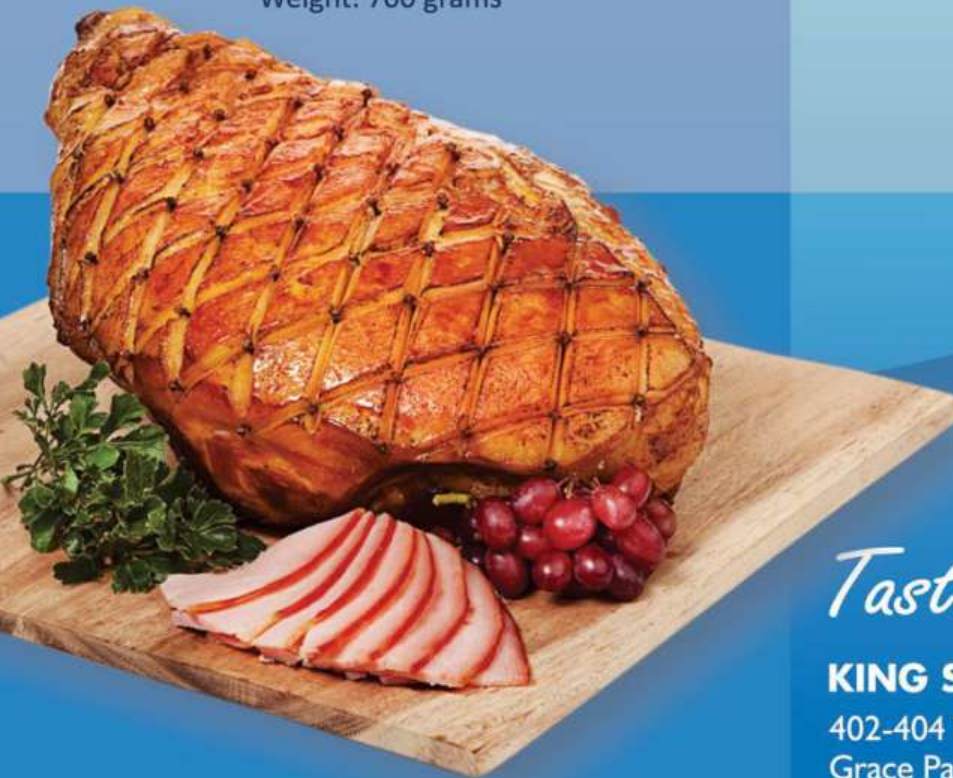
Weight: 700 grams

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fried rice. Every bite is a delight.

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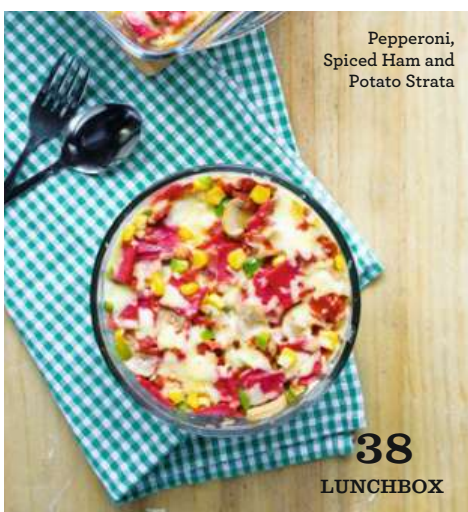
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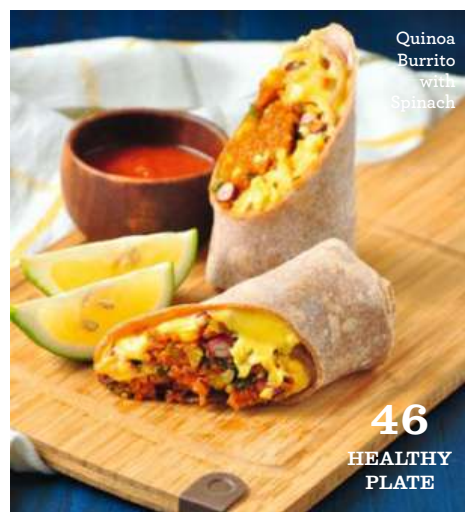
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ON THE COVER:

McCormick's
Fiesta Paella

Styled by
Chiqui Lloren of
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Photographed by
Ron Mendoza of
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• OCTOBER 2015 •

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MADE WITH

JOY

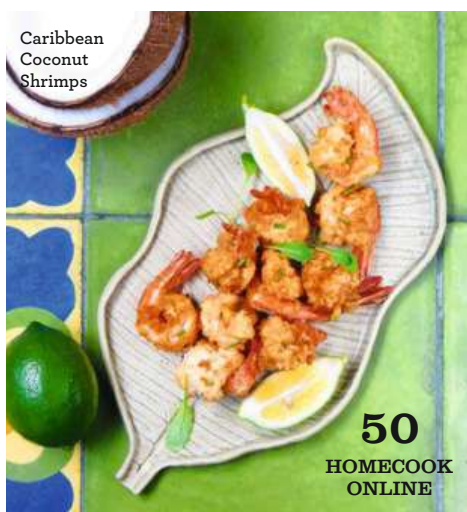
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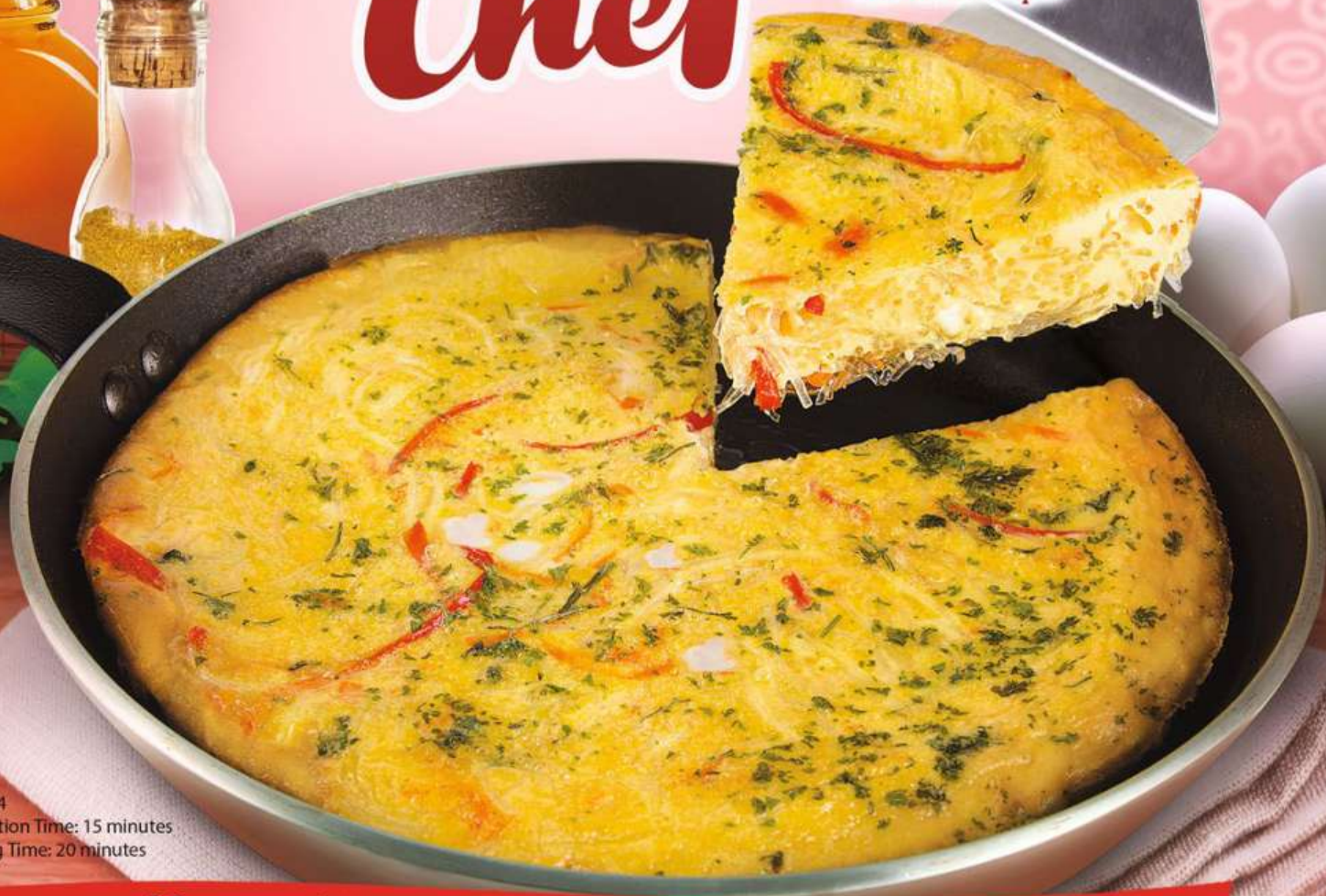
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Megastar Sharon Cuneta on why she considers cooking an expression of love



Cook like a Chef

with
chef Sheilla Lopez



Serves: 4
Preparation Time: 15 minutes
Cooking Time: 20 minutes

Vermicelli Noodles Frittata with Sweet Chili Sauce

Ingredients:

- 90 grams Sapporo Vermicelli Noodles, uncooked
- 2 tablespoons Canola Oil
- 2 tablespoons Garlic, finely chopped
- 1 small Carrot, peeled and grated
- 1 small Red Bell Pepper, thinly sliced
- 10 medium Eggs, beaten
- ¼ cup Fresh Coriander Leaves, chopped coarsely
- Salt, to taste
- Freshly Ground Black Pepper, to taste

Procedure:

1. Soak the vermicelli noodles in hot water for 5 minutes. Drain, and wash with cold water. Drain again, and set aside.
2. Heat oil in a 9-inch non-stick pan over medium heat. Add garlic and sauté for 30 seconds. Add carrots and red bell pepper. Sauté for 2 minutes or until the vegetables have softened.
3. Add the cooked vermicelli noodles, and stir the noodles to spread evenly all over the pan.
4. Pour the beaten eggs into the pan, season with salt and pepper. Stir in the coriander. Cook for 3-5 minutes for the bottom part of the frittata to cook evenly.
5. Turn off the heat and place frittata under a salamander or pre-heated oven (200 degrees Celsius) for 5 minutes or until the frittata is firm. Rest for few minutes. Serve while warm.

Nutrition Facts

- Calories 515g
- Fat 19g
- Protein 24g
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Kris Aquino

TV Host, Actress

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Photographer John Ocampo works with cobwebs to give our Halloween photos a spooky feel



Food stylist Chiqui Lloren at work



Regine and art director Patrick discuss the layout while photographer Yukie looks on

Celebrating Abundance

AS APPETITE TURNS 11 YEARS OLD THIS OCTOBER, we commemorate this milestone by celebrating how far we have come in terms of food and dining reportage.

My children are surprised whenever I describe our gourmet meals back in the day. The only salad we had when I was a kid was Caesar salad made with iceberg lettuce and parmesan from a can. The only fresh herbs we had was parsley (which was simply a garnish that we never ate!) and olive oil was used only on special occasions. Supermarkets didn't sell lamb, salmon, fresh cream or blue cheese, and imported steaks came in a box from a PX store. Pasta shapes were either spaghetti or macaroni and the only salad dressing on the grocery shelf was Thousand Island!

Who knew that in 2015 the food scene would be as vibrant, colorful, and as exciting as it is now? Eating has become a national pastime and the food business just keeps getting bigger and bigger, locally and globally. Every other person is food-obsessed or somehow involved in the food industry. There are farmers and producers, small to medium food business owners and entrepreneurs, restaurateurs and food service workers, culinary students and chefs, homecooks of all ages, gourmets, gourmands and even gluttons!

Adding to the happy mix are the millions of recipes and how-to-cook videos online, all available in a matter of seconds. Plus, people are traveling more frequently and visiting the most exotic

of destinations in search of adventure and what else, good food! And so we have all developed a taste and an appetite for food in our travels and even hanker for whatever dish other people post about in their travels.

How very spoiled we are by the abundance of ingredients to cook with: fresh produce from all over the country, frozen food from all over the world, convenience products and a vast array of ingredients from all over Asia, America, and Europe. It really is the abundance of choices, tastes and ideas that we're celebrating in Appetite today.

With this issue, you can cook Spanish, Mexican, Colombian, Puerto Rican, and Portuguese dishes! From our dining pages, you may sample dishes from Germany, Mexico, Ethiopia, the Middle East, and Peru!

Now, don't you think that's amazing? Despite the inconveniences of traffic and the uncertainty of our political future, I still say that we Filipinos are abundantly blessed in the culinary department.

Thank you for inviting me into your kitchen! 🍴

Nina
Nina Daza-Puyat
Editor in chief

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The A-team with the hardworking team behind the Arnel Pineda Foundation, Inc.

ERRATUM:
Our September 2015 Entertaining ("It's Party Time!") was styled by **Joy Ngo**. We apologize to Ms. Ngo for the oversight.



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What is your favorite cake?



NINA DAZA-PUYAT
Editor in Chief

A longtime favorite of mine is the **Rose Noire (P250)** of **Café 1771** and I'm happy to say that it's just as good as ever. I love how the frozen layer of chocolate mousse is smooth and silky against the crispy hazelnut praline crust that reminds me of Ferrero Rocher. A shiny coating of dark chocolate ganache provides a bittersweet note that just ties everything together.

Café 1771 is located at El Pueblo Real, Julia Vargas Ave. Ortigas, Manila. (02) 631-7340



VIA PELEA
Managing Editor

Having recently covered **FAT** restaurant, I fell in love with their **Flourless Dark Chocolate Cake (P360)**. I loved the deep taste of the dark chocolate base that was topped with a creamy praline mouse. The crème Chantilly made the whole slice work so well together that it was not overpowering, just truly satisfying.

FAT is located at Unit 152, Forbes Town Center, 29th St. Cor. Rizal Drive, BGC. Tel. No. (02) 834 8600.



JANELLE AÑO
Associate Editor

An oldie but a goodie, **The Chocolate Kiss Café's** cakes never disappoint. My current obsession is their **Dayap Chiffon Cake (P85/slice)**, a chiffon cake with caramel-dayap filling and marshmallow frosting topped with candied dayap rind. It's light and airy (so I can eat a lot without feeling sick! Yes!) and the citrus tempers the sweetness. You'll be amazed by how a simple cake can be so good.

The Chocolate Kiss Café is located at G/F Ang Bahay ng Alumni, R. Magsaysay St., UP Diliman, Quezon City. Tel. No. (02) 332 3502.



YLLAINE SABENECIO
Editorial Assistant

When we featured **The Baker's Table**, I was so amused by their candy-inspired cakes that I asked them if they could create a Potchi cake. Imagine my delight when I heard that Chef Jon created a **Potchi Cheesecake (P110/slice)**. With two layers of creamy vanilla and strawberry cheesecakes topped with whipped cream and Potchi, this cheesecake is worth my every trip to Maginhawa.

The Baker's Table is located at 88B Maginhawa St., Teacher's Village, Quezon City. Tel. No. (02) 433 7543



REGINE VELILLA
Graphic Designer

I'm not really fond of sweets, but I really loved **Karen's Kitchen's Chocolate Ganache Cake (P990/8" round cake)**. The cake is moist and not too sweet, and they don't skimp on the dark chocolate ganache or the gooey semi-sweet chocolate filling. This is a must-try for any chocoholic!

Karen's Kitchen is located at 17-A San Rafael Cor. San Martin St. Kapitolyo, Pasig City. Tel. Nos. (02) 234 5118 and 631 0944



JENNO CONTRERAS
Multimedia Editor

Chocolate isn't really top of my list when it comes to desserts—it sits somewhere in the middle. But this little treat right here, **Chocolate Custard Indulgence (P750/whole)** by **Cakes by D**, is an absolute exception. The chocolate sponge is thick and moist, and the custard perfectly complements its rich flavor.

Contact Cakes by D (Kei Contreras). Cel. No. 0920-926-3024

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What was the most memorable meal you've had in your travels?



JILL SANDIQUE
Pastry chef and lead trainer, USDA Chefs

Cassoulet and "school bread" for late lunch at Peter Kump's **New York Cooking School**. It was at the main kitchen of the old school where the food was simple and unpretentious, but extraordinarily good. I had the chance to sit at table with Julia Child, Shirley Corriher, Peter Kump and Harold McGee on that afternoon in 1992. And the best part was that they enjoyed the pastries I made in class!



PENK CHING
Pastry chef

My most memorable meal was at the original **Din Tai Fung in Taipei**. Luckily, I only lined up for 15 minutes for those delicious *siao long pao* and bowl of noodles. Looking back, the food was worth the wait.



MICKY FENIX
Author, writer and columnist, Philippine Daily Inquirer

On a fishing boat trip in **Alaska**, we were catching salmon, halibut, and *lapu-lapu*. On board with us was a Japanese who made **sashimi** out of some of the fresh fish we caught. When he made the move to throw the head and the spine back into the sea, all the Filipinos shouted "no!" because we knew we could make *sinigang* (with the prepared packets available in groceries) back on land.



GINA NAVARRO
Proprietress, Estrel's Cakes and Pastries

I still couldn't get out of my mind the dry version of **sukiyaki** we had in **Hokkaido, Japan**. Some other unforgettable meals—the biggest **paella** with rabbit, pork, chicken, prepared by old women in a farm in **Camarles, Spain**, and the lobster paella in El Machi restaurant in Santander, Spain. The best *trattoria* meal was the one prepared by the Masi Family of Casa Masi in the wonderful countryside of Tuscany.



EUGENE RAYMUNDO
Chef consultant

I would say the **cochinillo of Botin in Madrid**. Aside from having the best seat in the house (inside the kitchen), with all the visual spectacle of a real old Spanish restaurant kitchen, the food was just so spot on. No frills, just the pure ecstasy of crisp young pork skin and tender-goodness of the juicy meat. But being a typical Pinoy, I wanted to ask for a dipping sauce other than lemon.



MARICRIS ENCARNACION
Editor in chief, Where At, Cebu

It would have to be the soft shell crabs at a nondescript joint called **Quan Thuy 94 restaurant in Ho Chi Minh**. Live soft shell crabs are killed with only a pair of scissors then cooked very quickly right in front you. They are served with a plateful of herbs and raw vegetables and a salt-pepper-lime dip. Each bite is briny and succulent, crisp and tender, bursting with all the fresh flavors of rural Vietnam.

New!

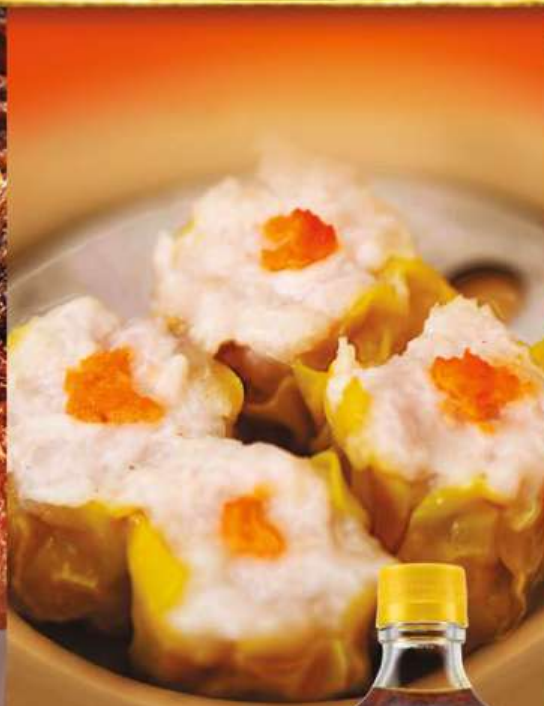


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Styling by **Boqueria Lifestyle Market**
Photographed by **Mike Cuevas of Studio 100**
Sittings editors **Janelle Año and Yllaine Sabenecio**

- 1 Green decanter (P395)
- 2 Large red platter (P895)
- 3 Medium green platter (P195)
- 4 Red dinner plate (P175)
- 5 Yellow salad plate (P125)
- 6 Green serving bowl (P150)
- 7 Glass water goblets (P295/ea)
- 8 Pom pom placemats (P175/ea)
- 9 Floral stand (P395)



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Clockwise from the top:

Chicken Parmigiana,
Cheese Fries, Pasta
Carbonara, Chicken Strips,
The best seller—Chubby
Chicken, Fish Tacos (center)

Get Ready to be Chubby-fied

Words by **Via S. Pelea**

Photographed by **Yukie Sarto of Studio 100**

WITH MANY RESTAURANTS SPROUTING AROUND THE METRO, one must have a winning formula to survive the fierce competition. Owner EJ Santos considers himself lucky that Chubby Chicken's winning formula is simply good food. In fact, it has done so well that after the first branch in Katipunan opened, a second branch in West Fairview followed.

"We cater mostly to students so the servings are large enough for sharing and the food must be good enough for a return visit. It also explains our name, actually. Our chicken sizes are medium to large and once you taste them, you'll want to come back for more, ending up chubby. We call that experience 'chubbyfied,'" laughs EJ. While students comprise the bulk of the clients on weekdays, families often visit on Sundays and get a "chicken-all-you-can" treat for a steal.

Why open another chicken joint? EJ responds, "Chicken is a Filipino staple. What sets our stores apart is that we only buy local chickens. They're more flavorful compared to the imported ones. We prefer to sell quality."

The bestseller is **Chubby Chicken**, which is first baked to lock in the juices then fried to form a crunchy coating. It's served with their signature sweet sauce but you can also ask for the spicy version, if you prefer a kick of heat.

A crowd favorite is **Chicken Strips**, thick strips of boneless chicken fillet coated in beer-batter then fried to a crisp, topped with their signature sweet sauce and served with garlic mayo dip on the side.

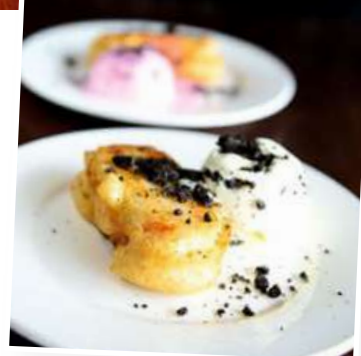
Their **Chicken Parmigiana** is a delightful surprise of chicken strips topped with rich ground beef and three layers of cheese sauce—cheddar, parmesan, and white cheddar—delish! Aside from chicken, they also serve a rich and creamy **Pasta Carbonara**. This dish doesn't skimp on the bacon.

For those looking for meat, there's **Ribeye Beef Salpicao**. It's everything you want in a *salpicao*—beefy, savory, and a tad tangy. The meat is so tender and flavorful that you might want to order another cup of rice for this one.

To cap off your meal, try **Chubby Twinkies** for dessert. It's a sinful confection of a deep fried Twinkie served with a scoop of ice cream (strawberry or vanilla), topped with Oreo cookie bits.

"I always tell my staff that apart from the food, we should have an attitude of love and gratefulness when serving each customer. There are many stores before they reach ours, but they chose us," EJ continues. With an attitude like that coupled with good food, we're sure customers won't mind getting a bit chubbier at all.

Chubby Twinkies



CHUBBY CHICKEN IS LOCATED AT 3/F JARASA BLDG., REGALADO AVENUE, WEST FAIRVIEW, Q.C. TEL. NO. (02) 427 2222 AND G/F, UNIT 1B, XAVIER RESIDENCES, ESTEBAN ABADA COR. ALVERO, LOYOLA HEIGHTS, Q.C. CEL. NO. 0917 252 6480



Manila's One of a Kind International Cuisine and Produce Market in the Heart of Mandaluyong City, Pioneer St. Market

September 5, 2015 marked the opening of Pioneer St. Market, a one-stop destination for food lovers looking for fresh produce, gourmet dishes, artisan delicacies, and imported wine and specialty crafts.

VIPs including Dr. Mendez and Mayor & Madame Abalos conducted the ribbon cutting and were treated to a wide variety of offerings from vendors featuring their unique products like Shawarma Pizza, Fresh Roasted Espresso, Tacos and Burritos, Fresh Fruit and Vegetable Juices, Monster Burgers, Authentic Filipino Dishes, Roast Beef Belly and Tasty Tucker's famous Aussie Meat Pies to name a few.

The day was full of exciting activities, which started, with an hour of Zumba with over 200 participants, supported by Madame Abalos and Councilor Charice Abalos.

A petting zoo with rabbits and guinea pigs was on hand for the kids to enjoy, right after having their face painted with their favorite designs.

There was a London-based chef who presented on-stage how to cook a mean malunggay pesto pasta dish.

A 5-person burger eating challenge was a highlight

as well, which was won by Philip Briggs, an Australian who loves finding new places to eat and new challenges such as this, "Wicked awesome challenge that was!" He commented, still trying to lick his fingers.

HMR Auctions was on-stage with bidders whipping up their bid cards to snatch some cool gadgets, paintings and items for as low as P200. The Lady Volcanoes, following their recent bronze medal win in the SEA Games, "strutted their stuff" wearing Loro brand statement shirts.

In the evening, the launch was capped off with a stunning acoustic performance by Guilty Acoustic Pleasures and Brown Inc with customers enjoying delightful food and drinks offered by Pioneer St. Market's vendors whilst listening to their music.

Special Thanks to our sponsors, HMR Trading Haus, Tasty Tucker, San Miguel Brewery Inc., Mendez Medical Group, JLT, Sunbeam Impex Inc., Zoomanity Group, Aro-en, Auwant and Aliw Broadcasting Network for making the event a success.

Pioneer St. Market is open to accepting events related to food art and culture. Contact Pam Belardo or Mary Rose Bitagana at (02)634-0526 or email at pam.belardo@hmrphils.com.



Pioneer corner Reliance Streets, Mandaluyong City

Business Hours: Wednesday to Sunday / 9:00AM - 9:00PM (+632) 634-0526 local 600 / (+63906) 258-5228

Pioneer St. Market

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Recipes

OCTOBER 2015

It's all about big and bold flavors this month with our Spanish and Latin American inspired recipes. There's something for everyone—from Portuguese *piri-piri* prawns to classic Spanish *tapas* like *boquerones*, and even four new non-traditional paellas. Set aside a weekend afternoon to make our easy chicken *chicharon*, or make our pineapple-flavored cocktails at your next gathering.

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Chicken Skin Chicharon



Small Bites, Big Flavors

EASY TO PREPARE SPANISH DISHES FOR SERVING
FAMILY STYLE OR TAPAS STYLE

Recipes from **Easy Spanish Cooking** cookbook by **Marilou B. Garcia-Morera**

Food preparation and styling by **Nina Daza-Puyat**

Photographed by **Zac Moran**

Art direction by **Regine Paola Velilla**

ENSALADILLA RUSA

Makes 7-8 servings

INGREDIENTS:

½ kilo	Potatoes
½ kilo	Carrots
½ cup	Chopped onions
1 (200g) can	Tuna chunks, drained and mashed
1 bottle	Pitted green olives, halved
½ cup	Frozen green peas, thawed and blanched
¾ cup	Mayonnaise*

- 1 (200g)
can **Red pimientos, cut into
thick strips**
**Hard boiled eggs, sliced into
circles or wedges**
2 **Salt and ground white pepper**

**NOTE: Homemade mayonnaise works best
with this recipe, but the bottled kind is an
acceptable substitute*

PROCEDURE:

1. Boil potatoes and carrots in water together in one big pot with some salt until tender. Peel and cut into small cubes.
2. When completely cool, transfer potatoes and carrots to a bowl and toss with chopped onions and mashed tuna. Add green olives and green peas.
3. Add enough mayonnaise and mix gently, being careful so that potatoes do not get mashed. Season with salt and ground white pepper.
4. Transfer salad to a serving platter, making a small mound. Garnish with strips of red pimiento and sliced egg. Chill in the refrigerator covered with plastic wrap until ready to serve.



Did you know?

Boqueron is actually a kind of fish in Spain similar to the local *tawilis* or the big *dilis* called *tuakang*. The Spanish savor this as a *tapa* or appetizer, either fried whole or deboned and marinated in a mixture of olive oil and vinegar. *Boquerones en vinagre* is almost always accompanied by a serving of green olives.

MARINATED BOQUERONES

Makes 10-12 servings

INGREDIENTS:

½ kilo	Fresh <i>dilis</i> or <i>tuakang</i> *
½ cup	White wine vinegar
6 Tbsps	Extra virgin olive oil
1 head	Garlic, sliced
	• Fresh parsley sprigs
	• Salt and pepper
½ cup	Pitted green olives

*NOTE: Deboned *dilis* is available at the Francis Intsik stall at Farmer's Market's fish section. Contact cel. no. 0939 904 1626.

PROCEDURE:

1. Remove heads and tails of fish, then split open and debone. Rinse and drain.
2. In a semi-deep dish with a flat bottom, combine white wine vinegar and 2 tablespoons extra virgin olive oil. Add the sliced garlic and some parsley sprigs. Season with salt and pepper.
3. Add the cleaned fish to the mixture and set aside to marinate for at least an hour, or even overnight.
4. To serve, remove the fish from the marinade and arrange on a plate. Do not include the parsley and garlic slices. Just before serving, drizzle with 4 tablespoons extra virgin olive oil and sprinkle some chopped fresh parsley on top. Serve boquerones with green olives on the side.



MUSHROOMS AL AJILLO

Makes 2-3 servings

INGREDIENTS:

6 pcs	Fresh mushrooms (portobello or big shiitake)
½ cup	Extra virgin olive oil
¼ cup	Minced garlic
¼ cup	Minced parsley
1 Tbsp	Grated parmesan cheese
	•Salt

PROCEDURE:

1. Preheat oven to 150°C (300°F). Remove the stems from the mushrooms. Chop up the stems and sauté in 2 tablespoons olive oil.
2. Transfer cooked stems to a bowl then add minced garlic, parsley, and parmesan cheese. Season with salt and a little more olive oil.
3. Lay mushroom caps on a baking tray, bottom side up. Season mushrooms with salt and stuff garlic-parsley mixture into the caps with a teaspoon. Drizzle with more olive oil.
4. Bake in the oven for about 10 minutes. Serve hot.

Tip

Use only fresh mushrooms for this recipe. The stems may be mixed into soups or chopped up to add body to the stuffing



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CHICKEN, MUSHROOM AND CHORIZO SALPICADO

(A variation of Marilou B. Garcia-Morera's Easy Beef Salpicao recipe)

Makes 6-8 servings

INGREDIENTS:

2 Tbsps	Soy sauce
2 Tbsps	Liquid seasoning
1 Tbsp	Worcestershire sauce
½ tsp	Salt
¼ tsp	Ground black pepper
½ cup	Extra virgin olive oil
½ kilo	Chicken breast fillet, cut into cubes
1 head	Garlic, chopped
3-4	Chorizo de bilbao, sliced
10	Fresh shiitake mushrooms, sliced

PROCEDURE:

1. In a bowl, combine soy sauce, liquid seasoning, Worcestershire sauce, salt, pepper, and 2 tablespoons extra virgin olive oil. Add chicken to the mixture and leave to marinate in the refrigerator for at least 30 minutes.
2. In a frying pan, heat the remaining olive oil and brown the chopped garlic. Transfer toasted garlic to a plate.
3. In the same oil, sauté sliced chorizos and sliced mushrooms.
4. Take the chicken and drain off excess marinade. To the same pan, add the chicken and cook over high heat. Fry the chicken quickly until firm (do not overcook).
5. Transfer cooked chicken, chorizo, and mushrooms to a serving platter and top with toasted garlic. Serve hot.

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The Spice Trade

GIVE EVERYDAY MEALS A BOOST IN FLAVOR
WITH MCCORMICK SPICES

Recipe by **Sabrina Artadi**

Food preparation and styling by **Chiqui Lloren of Delight Folio**

Photographed by **Ron Mendoza of Studio 100**

Art direction by **Regine Paola Velilla**

FIESTA PAELLA

Makes 10-12 servings

INGREDIENTS:

- | | |
|----------|---|
| ½ cup | Extra virgin olive oil |
| 4 cloves | Garlic, chopped |
| 4 pieces | Chorizo de bilbao,
sliced diagonally |
| 3 tps | McCormick Spanish Paprika |
| 2 tps | McCormick Cumin Seed Ground |
| 2 tps | McCormick Turmeric Ground |
| 4-5 pcs | Chicken adobo (cooked) |
| ¼ kilo | Prawns or large shrimps |
| ¼ kilo | Clams or mussels |
| 1 bottle | Beer, divided |
| 1 cup | Tomato sauce |
| 1 cup | Plain yogurt |
| | •McCormick Iodized Salt &
McCormick Black Pepper
Ground, to taste |
| 6 cups | Cooked rice |

TOPPINGS:

- | | |
|-------|--|
| 1 cup | Frozen green peas, blanched
and drained |
| 2 | Hard boiled eggs, sliced into
discs or wedges |
| 1 | Yellow bell pepper, cut into strips |
| 1 | Green bell pepper, cut into strips |
| 1 | Red bell pepper, cut into strips |
| | •Lemon wedges |

PROCEDURE:

1. In a large *paellera*, heat olive oil over medium heat and sauté garlic and chorizos.
2. Combine spanish paprika, cumin, and turmeric in one bowl and mix well. Add half of the spice mix to the chorizos, and add the chicken, prawns, and shellfish.
3. Pour half a cup of beer into the *paellera* and allow the beer to simmer and cook the seafood.
4. After about 10-12 minutes, remove the chicken, prawns, and shellfish from the *paellera* and set aside. Add tomato sauce, yogurt, and the remaining beer. Season with salt and pepper.
5. Pour all the rice into the *paellera*, then add the rest of the herbs and spices. Mix well.
6. Return chicken, prawns, and shellfish to the *paellera*. Flatten the rice slightly then layer the chicken, prawns, and shellfish on top of the rice.
7. Top paella with peas, hard boiled eggs, and bell peppers. Cover with foil and bake in a preheated oven for another 10-12 minutes. Serve with lemon wedges on the side.



MINI PORK KEBABS WITH GRAPES

Makes 6-8 servings

INGREDIENTS:

- 1 kilo Pork tenderloin, cut into 1 - 1 1/2" cubes
- 1 bunch Seedless grapes

MARINADE:

- 1/4 cup Olive oil
- 3 cloves Garlic, minced
- 1 sprig Parsley, minced

- 1/2 tsp McCormick Spanish Paprika
- 1/2 tsp McCormick Cumin Ground
- 1/4 tsp McCormick Thyme Leaves Whole
- 3/4 tsp McCormick Salt
- 1/8 tsp McCormick Black Pepper
- 1 tsp Lemon juice
- 1 Tbsp Local brandy
- Lemon zest

PROCEDURE:

1. Combine all marinade ingredients in a bowl and mix well.
2. Marinate cubed pork in this mixture for at least an hour.

3. Thread marinated pork into skewers, alternating with grapes. Reserve marinade for basting.
4. Heat up a grill pan over medium heat. Grill pork skewers until cooked, brushing pork with marinade while grilling. Best served with biryani rice.

Make flavorful rice effortlessly with **McCormick Rice Cookers Biryani Rice Recipe Mix!**



Full Circle

FOUR NON-TRADITIONAL
PAELLA RECIPES TO SINK
YOUR TEETH INTO

Recipes adapted from **PAELLA!** by **Penelope Casas**
Food preparation and food styling by **Nina Daza-Puyat**
Photography by **Yukie Sarto of Studio 100**
Special thanks to **Chef's Classics Paellera**
Art direction by **Regine Paola Velilla** and
Patrick Kasingsing

GARLICKY CLAM PAELLA

Makes 4-5 servings

INGREDIENTS:

1 kilo	Fresh clams, rinsed well
3 cups	Water
1 ½ cups	Japanese rice
1 head	Garlic, peeled
	•Handful of fresh parsley, chopped
½ tsp	Salt
¼ cup	White wine
	•Juice from half a lemon
cup	Olive oil
⅓	Garlic, chopped
1	Medium onion, chopped
2 stalks	Leeks, sliced
1	Small green bell pepper, chopped
1	Bay leaf
¼ tsp	Crushed red pepper flakes
¼ tsp	Spanish smoked paprika (pimenton)

TOPPINGS:

Fried garlic
Chopped parsley
Lemon wedges

PROCEDURE:

1. Boil the clams in water. Cook until the shells open. Take out clams and remove meat from the shells (reserve a few for topping). Reserve 3 cups of the clam broth.
2. In a mixing bowl, wash rice in water and throw out the water. Do this 3-4 times until the water is almost clear. Set aside.
3. Using a mortar and pestle, mash to a paste the garlic, parsley, and salt. Set aside.
4. In a small pot, combine clam broth together with white wine and lemon juice. Bring to a simmer over low heat. Preheat oven to 400°F.

5. In a large wok or sauté pan, heat olive oil over medium heat and sauté garlic until light golden. Add leeks, green pepper, bay leaf, red pepper flakes, and paprika. Stir in the clam meat and the washed rice.
6. Stir in the hot clam broth and the garlic-parsley mixture. Simmer for 3-4 minutes, stirring constantly. Taste and adjust seasoning with salt and pepper. Transfer rice to a *paellera* or baking dish. Stir and even out the top so that enough broth covers the rice. Add ¼ cup to ⅓ cup more broth, if necessary.
7. Cover dish with foil so that all sides are sealed. Bake paella in the oven for 30-40 minutes. To serve, top with more clams, fried garlic, chopped parsley, and lemon wedges on the side.



LAMB AND RED PEPPER PAELLA

Makes 6-8 servings

INGREDIENTS:

2 cans Chickpeas
(garbanzos)
8 cups Chicken broth
12 cloves Garlic
1 Medium onion
4 sprigs Parsley

SPICE MIX:

¼ tsp Dried rosemary
¼ tsp Dried thyme
¼ tsp Dried oregano
½ tsp Ground cumin
•Pinch of saffron threads

SAUTÉ MIX:

½ cup Olive oil
½ kilo Lamb shoulder, cut into small pieces
•Salt and freshly ground black pepper
1 Onion, chopped
2 Medium tomatoes, chopped
2 Red bell peppers, chopped
½ cup Dry white wine
2 Tbsps Brandy
3 cups Japanese rice, rinsed until water runs clear, drained

GARNISH:

Sliced tomatoes
Chopped red peppers
Chopped parsley

PROCEDURE:

1. Peel skins from chickpeas. Reserve about ½ cup of chickpeas and purée until smooth. Set aside. To the pot, add chicken broth, garlic, onion, and parsley. Bring to a boil over medium heat, then simmer over low heat.
2. In a small bowl, combine all the spices and mix well.
3. In a large wok or sauté pan, heat olive oil over medium heat. While oil is heating up, season lamb with salt and pepper. Brown lamb in olive oil. Sprinkle half of spice mix over the cooked lamb, then transfer cooked lamb to a plate.
4. In the same oil, sauté onions until soft. Next, add tomatoes and peppers.
5. Return lamb to the pot and add the white wine and brandy. Bring to a simmer, then add the strained chicken broth. Cover and simmer until lamb is tender, about 2 hours.
6. When lamb is tender, stir in rice, chickpeas, chickpea purée, and the rest of the spices. Taste and adjust seasoning. Immediately transfer rice mixture to a paellera or baking dish.
7. Stir and even out the top so that the broth covers the rice. Add ¼ cup to ⅓ cup more broth, if necessary.
8. Cover with foil so that all sides are sealed. Bake paella in the oven for 30-40 minutes. Garnish with chopped peppers and chopped parsley.





FAUX BACALAO, CAULIFLOWER AND BROCCOLI PAELLA

Makes 5-6 servings

INGREDIENTS:

¼ kilo Dried *labahita* (as a substitute for salted cod or *bacalao*)

1 kilo Fresh clams

5 cups Water

GARLIC-PARSLEY PASTE:

6 cloves Garlic

Pinch of saffron threads

2 Cloves

2 Tbsps Minced parsley

SAUTÉ MIX:

½ cup Olive oil

2 Onions, chopped

2 Green bell peppers, finely chopped

2 Tomatoes, finely chopped

½ tsp Spanish smoked paprika (*pimenton*)

2 heads Cauliflower, stem removed, cut into florettes

1 head Broccoli, stem removed, cut into florettes

¼ cup Frozen green peas

2 ½ cups Japanese rice, rinsed until water runs clear, drained

PROCEDURE:

1. Rinse dried fish. Soak fish in a bowl of water for a few hours, changing the water twice or thrice to remove excess salt. Shred fish into small strips. Set aside.
2. Rinse clams and boil in a pot of water until all shells are open. Take out clams and use for another recipe. Reserve 5 cups of clam broth. Set aside.

3. Using a mortar and pestle, mash to a paste the garlic, saffron, cloves, and parsley. Set aside.
4. In a large wok or sauté pan, heat olive oil over medium heat. Toss in onions and cook until soft and fragrant. Add green peppers and then tomatoes and cook until mixture is mushy, about 2 minutes.
5. Mix in the flaked fish and then season with paprika. Add cauliflower, broccoli, and green peas.
6. Add rice and stir to coat rice with the mixture. Stir in the clam broth and the garlic-parsley mixture. Taste and adjust seasoning with salt and pepper.
7. Transfer rice mixture to a *paellera* or baking dish. Stir and even out the top so that there's enough broth to cover the rice. Add ¼ cup to ⅓ cup more broth, if necessary.
8. Cover dish with foil so that all sides are sealed. Bake paella in the oven for 30-40 minutes. Serve with grilled or roasted meats, chicken, or fish.



EGGPLANT, OLIVE AND ANCHOVY PAELLA

Makes 6-8 servings

INGREDIENTS:

6 pcs	Long eggplants, sliced into ½" rounds
1 Tbsp	Rock salt
¼ cup	Extra virgin olive oil
3-4 cloves	Garlic, minced

BROTH:

4 cloves	Garlic, minced
3 Tbsps	Chopped parsley
1 tsp	Olive oil
6 cups	Chicken broth or vegetable broth
½ cup	Olive oil
1	Large red bell pepper, finely chopped
1	Large green bell pepper, finely chopped
1	Long finger chili, finely chopped
1	Medium onion, chopped
2 stalks	Onion leeks, sliced
2	Medium ripe tomatoes, chopped
½ cup	Black pitted olives, sliced
1 can	Anchovy fillets, pounded into a paste
2 Tbsps	Roughly chopped capers
3 cups	Japanese rice, washed until water runs clear, drained
1 tsp	Spanish smoked paprika (pimenton)

PROCEDURE:

1. Sprinkle eggplant rounds with rock salt and mix well. Let sit for 20-30 minutes and allow eggplants to "weep" (to extract its juices). Drain.
2. Preheat oven to 400°F. Combine olive oil with garlic and mix into the eggplant rounds. Spread eggplant slices on a baking sheet in a single layer and bake in the oven for 10 minutes. Set aside.
3. Using a mortar and pestle, mash to a paste the garlic, parsley, and olive oil. Prepare a pot of chicken broth and add the garlic-parsley mixture. Simmer for a few minutes then turn off heat, but keep warm.
4. In a large wok or sauté pan, heat olive oil over medium heat. Sauté red pepper, green pepper, and chili pepper for 1 minute.
5. Add onions and leeks and cook for another 2 minutes. Add tomatoes and cook for 2 more minutes.
6. Stir in the roasted eggplant, olives, anchovies, and capers.
7. Add rice and stir to coat rice with mixture. Stir in the broth. Taste and adjust seasoning with salt and pepper. Transfer rice mixture to a *paellera* or baking dish. Stir and even out the top so that the broth completely covers the rice. Add ¼ cup to ½ cup more broth, if necessary.
8. Cover dish with foil so that all sides are sealed. Bake paella in the oven for 30-40 minutes. Serve with grilled or roasted meats, chicken, or fish.



A Taste of Portugal

HEARTY AND HEALTHY PORTUGUESE DISHES TO
SPICE UP YOUR EVERYDAY MEALS

Recipes by **Celine Clemente-Lichauco**
Food preparation and food styling by **Nina Daza-Puyat**
Photographed by **Ron Mendoza of Studio 100**
Art direction by **Janelle Año**

SAUSAGE & BEAN CASSEROLE

Makes 6-8 servings

INGREDIENTS:

½ cup	Smoked bacon, sliced
5 pcs	Spanish chorizo, sliced
1 large	Onion, chopped
5 cloves	Garlic, chopped
2 cups	Chopped tomatoes
¼ cup	Tomato paste
2	Medium potatoes, peeled and diced
2 cups	Chicken stock
2 cans	White kidney beans, drained
1 Tbsp	Spanish sweet paprika
1	Bay leaf
	•Salt and ground black pepper, to taste

PROCEDURE:

1. In a heavy saucepot over medium heat, cook bacon until brown and crisp, about 7-8 minutes. Remove from the pan and set aside.
2. In the bacon fat, sauté the Spanish chorizo pieces until golden. Remove from the pan and set aside.
3. To the bacon fat, add onions and garlic and cook over low heat until soft and fragrant, about 5 minutes. Next, add tomatoes and cook for another 10 minutes until tomatoes are mushy.
4. Stir in tomato paste and cook until paste changes color. Add potatoes and coat with the tomato mixture.
5. Pour in chicken stock and white beans. Season with paprika, bay leaf, salt, and pepper.
6. Lastly, add the cooked chorizo. Bring to a boil then reduce heat to low. Simmer for 45 minutes to an hour, stirring occasionally. Taste and adjust seasoning. Transfer to a casserole and top with crumbled bacon. Serve with warm, crusty bread.





GRILLED FISH WITH OLIVE OIL AND LEMON

Makes 6-8 servings

INGREDIENTS:

- 1 kilo** Fresh fish (such as *dalagang bukid*, *labahita*, *maya-maya*, *lapu-lapu*), cleaned, gutted, and scaled*
- Extra virgin olive oil
 - Rock salt and freshly ground black pepper

***NOTE:** Choose 10-12 small fish, 2 medium fish, or 1 large fish

TOMATO-OLIVE SALSA:

- 2 cups** Tomatoes, seeded and diced
½ cup Pitted black or green olives, sliced
- 1** Small red onion, minced
1 clove Garlic, minced
¼ cup Chopped fresh parsley
10-12 Fresh basil leaves, sliced thinly

- Salt and freshly ground black pepper
- Olive oil
- Juice from 1 lime or green lemon

GARNISH

- Grilled lemon slices
- Grilled tomato slices
- Chopped parsley
- Extra virgin olive oil

PROCEDURE:

1. Rinse fish under running water. Pat dry with paper towels. Drizzle olive oil on both sides of fish then season with salt and pepper. Set aside in the refrigerator until ready to grill.
2. Prepare tomato-olive salsa: In a medium bowl, combine diced tomatoes, olives, onions, garlic, parsley, and basil. Season with salt and freshly ground black pepper. Toss in olive oil and lime juice.
3. Cover bowl with plastic cling wrap. Refrigerate until ready to serve.
4. Grill fish until slightly charred on both sides. While the fish is grilling, brush lemon and tomato slices with olive oil and grill.
5. Arrange grilled fish, tomatoes, and lemon slices on a serving plate. Drizzle with olive oil and serve with lime wedges and tomato-olive salsa on the side.





WINE- STEAMED MUSSELS WITH CORN- TOMATO SALSA

Makes 6-8 servings

INGREDIENTS:

1 kilo Mussels
½ cup White wine
½ cup Water
½ tsp Salt

CORN-TOMATO SALSA:

1 can Whole corn kernels
½ cup Diced tomatoes (seeded
 then sliced)
¼ cup Chopped red onions
¼ cup Chopped cilantro leaves
¼ cup Flat parsley leaves, chopped
2 Red bird's eye chilies (*siling
 labuyo*), minced (optional)
•Salt and freshly ground
 black pepper
•Juice from 1 lime or green lemon

PROCEDURE:

1. Wash and scrub mussels until no longer slimy. Place mussels in a pot with white wine, water, and salt. Bring to a boil over medium heat and simmer until shells open. Take out opened mussels and remove from shells. Reserve mussel broth, meat, and some shells.
2. Simmer broth for another 5 minutes to concentrate flavors. Turn off heat and allow to cool. When cool, pour 1 cup into a bowl and soak mussel meat in this mixture. Refrigerate until ready to use.
3. Make the corn-tomato salsa: In a mixing bowl, combine corn, tomatoes, onions, cilantro, and parsley. Add chili peppers, if desired. Season to taste.
4. Squeeze lime juice over corn-tomato mixture and toss. Cover with plastic cling wrap and refrigerate until ready to use.
5. When ready to serve, drain wine from soaked mussels. Place mussel meat in half shells and top with corn salsa. Serve immediately.



PIRI-PIRI PRAWNS

Makes 6-8 servings

INGREDIENTS:

1 kilo Prawns

MARINADE:

8 cloves Garlic, minced
4 Red bird's eye chilies (*siling labuyo*), deseeded
¼ cup Olive oil
2 Tbsps Red wine vinegar
2 Tbsps Minced parsley or cilantro leaves
2 tsp Rock salt
½ tsp Freshly ground black pepper

GARNISH:

Quartered onions
Large cuts of red and green bell peppers
Tomato halves

PROCEDURE:

1. Prepare the prawns. Use scissors to cut the back side of the shells and make a shallow incision on the flesh using a paring knife. Devein by lifting the black vein with a toothpick. Pat dry with paper towels. Set aside in the refrigerator.
2. Make the marinade: Using a mortar and pestle, pound garlic and chilies into a paste. Transfer to a small mixing bowl, then add olive oil, red wine vinegar, and parsley or cilantro leaves. Season with rock salt and freshly ground black pepper.
3. Toss the prawns in this marinade and marinate for at least 30 minutes
4. before grilling.
5. While preparing the charcoal grill, skewer prawns with onions, peppers, and tomatoes. Grill prawns until bright orange and slightly charred on both sides, while brushing with the excess marinade. Serve with rice.

Celine Clemente-Lichauco

Celine Lichauco graduated from the Center for Asian Culinary Studies and received training as a chef in a hotel restaurant. She has ventured into the corporate world as a research and development manager for a famous coffee company. She cultivates her love for cooking and baking by making food for her family and friends.





in season

Grain of the month: CORN

Golden Harvest

YELLOW CORN LENDS A SWEET FLAVOR DIMENSION TO THESE TWO CREAMY CONCOCTIONS

Recipes by **Chef Trisha Ocampo**
Assisted by **Monica Bayhon and Pierce Avelino**
Photographed by **Ron Mendoza of Studio 100**
Art direction by **Yllaine Sabenecio**

FISH FILLET WITH SWEET CORN SABAYON

Makes 4 servings

INGREDIENTS:

¼ cup	Vegetable oil
½ cup	Chopped yellow onions
2 cloves	Garlic, minced
1 cup	Japanese sweet corn kernels (or 1 cup canned whole kernels)
1 ½ cups	Heavy whipping cream
1	Egg yolk
	Salt and pepper, to taste
¼ cup	Cornstarch
½ tsp	Salt
¼ tsp	Ground pepper
2-3 Tbsps	Oil
1 Tbsp	Thinly sliced red onions
4 fillets	Labahita or any white fish (about 120g each)

GARNISH:

1 cup	Halved cherry tomatoes
1 bunch	Arugula leaves

PROCEDURE:

1. Prepare sauce: In a sauté pan, heat oil and sauté onions until translucent. Add garlic and cook until fragrant. Next, add corn kernels. Pour in heavy cream and let the mixture cook for 5 minutes. Remove from heat and let mixture cool completely.
2. Once cooled, pour mixture into a blender. Purée until smooth, then pour into a strainer to get a smooth sauce.
3. In a double broiler over medium heat, pour in the corn sauce. Add the egg yolk and whisk until slightly thick. Season with salt and pepper. Set aside.
4. Combine cornstarch, salt, and pepper. Mix well. Dredge fish in seasoned cornstarch and shake off the excess.
5. In a non-stick pan, heat up remaining oil and sear the fish for about 2 minutes per side until golden brown. Set aside.
6. In another pan, sauté red onions in oil until translucent. Add arugula and tomatoes. Season with salt and pepper.
7. To assemble: Put fish on a plate. Pour 2 tablespoons corn sauce on top of each fish. Top with the sautéed tomato mixture.



ROASTED CORN ICE POPS

Makes 4-6 servings

INGREDIENTS:

4 ears	Japanese sweet corn, stripped (or 2 cups canned whole corn kernels)
2 cups	Fresh coconut milk
½ tsp	Vanilla extract
2 Tbsps	Condensed milk
	•Pinch of salt

PROCEDURE:

1. Preheat oven to 400°F. Place corn kernels on a baking sheet and roast for 15 minutes. Set aside to completely cool.
2. When corn is cooled down, transfer corn to a blender. Add coconut milk, vanilla extract, condensed milk, and salt. Blend until smooth.
3. For a creamier consistency, strain mixture in a fine strainer over a bowl. Divide mixture evenly into popsicle molds. Freeze for a minimum of 6 hours or overnight.



Chef Trisha Ocampo

Chef Trisha Ocampo is a chef instructor for Center for Culinary Arts, where she does cooking demos and develops recipes for the school. She is also in charge of the Little Chef's Boot Camp. She studied at Le Cordon Bleu College of Culinary Arts and has worked for various restaurants both here and abroad.





Meat of the Matter

COOK THIS FOR SUNDAY DINNER AND
PACK IT FOR LUNCH THE NEXT DAY

Recipe by **Via Pelea**

Food preparation and styling by **Nina Daza-Puyat**

Photographed by **Krizia Cruz**

Art direction by **Yllaine Sabenecio**

PEPPERONI, SPICED HAM AND POTATO STRATA

Makes 6-8 servings

INGREDIENTS:

6	Medium potatoes, scrubbed clean
¼ cup	Butter, room temperature
1 small bar (185g)	Quick-melt cheese, grated and divided in two
1	Onion, minced
3 Tbsps	Vegetable oil
½ head	Garlic, minced
3	Tomatoes, chopped
1	Green bell pepper, chopped
1 small can	Whole button mushrooms, sliced
1 pack (250g)	King Sue Spiced Ham, diced
1 pack (210g)	King Sue Pepperoni, quartered
½ cup	Whole corn kernels
½ tsp	Italian seasoning
	•Salt and pepper, to taste

PROCEDURE:

1. Make mashed potatoes: Put water and salt in a heavy bottom sauce pot and boil potatoes until fork tender.
2. Remove potatoes from the pot, then peel and mash. Add butter and ½ of the grated cheese while the potatoes are still warm. Mix well. Spread on a square or rectangular casserole dish to create a base. Set aside.
3. Make the filling: In a sauté pan over medium heat, sauté onion in oil until translucent. Add the garlic and continue to sauté until fragrant. Add the tomatoes, green bell pepper, and mushrooms and cook until tomatoes are soft.
4. Add the King Sue Spiced Ham and King Sue Pepperoni. Add the corn and season with Italian seasoning. Season with salt and pepper.
5. Spread meat and vegetables over the mashed potatoes. Top with the remaining grated cheese. Bake in a preheated 350°F oven for 15-20 minutes or until cheese melts.



Pineapple Express

LIVEN UP YOUR PARTIES WITH THESE SPIKED TROPICAL DRINKS

Recipes by **Yllaine Sabenecio**

Photographed by **Ron Mendoza of Studio 100**

Art direction by **Regine Paola Velilla** and **Janelle Año**

Recipes adapted from **Food52.com**

FROZEN PIÑA COLADA

Makes 4-5 servings

INGREDIENTS:

¼ cup + 1 Tbsp	White rum
¾ cup	Coconut cream in tetra brik
1 cup	Pineapple juice
	• Juice from half a lemon
4 cups	Ice
	• Fresh pineapple slices, for garnish
	• Dark rum for garnish (optional)

PROCEDURE:

Blend rum, coconut cream, pineapple juice, lemon juice, and ice in a blender until smooth. Transfer to a glass and garnish with fresh pineapples. Add a few drops of dark rum to achieve a pink top. Serve immediately.

SPICY GIN COCKTAIL WITH MINT AND PINEAPPLE

Makes 1 serving

INGREDIENTS:

6 Tbsps	Chili gin
3 Tbsps	Mint syrup
	• Juice from half a lemon
5 Tbsps	Pineapple juice
	• Ice

CHILI GIN:

3 cups	Local gin
5	Bird's eye chilies (<i>siling labuyo</i>), cut into rounds

MINT SYRUP:

1 cup	Sugar
1 cup	Water
¼ cup	Fresh mint leaves

PROCEDURE:

1. Prepare the chili gin: Put gin in a pitcher and add chilies including the seeds. Let sit in the refrigerator for 1-2 hours. Strain to remove the chilies and seeds.
2. Prepare the mint syrup: Put sugar, water, and mint leaves in a pot and set over medium high heat. Bring to a boil, stirring constantly, until the sugar dissolves. Allow to cool completely, at least 30 minutes. Strain to remove the leaves.
3. Mix chili gin, mint syrup, lemon juice, and pineapple juice. Pour mixture over ice. Serve immediately.

Spicy Gin
Cocktail with
Mint and
Pineapple

Frozen
Piña
Colada



Chicken Little

CHICKEN SKINS MAKE A LIGHTER, LESS SINFUL VERSION OF CRISPY PORK RINDS

Recipe by **Lalaine Manalo** of Kawalingpinoy.com
Food preparation by **Nina Daza-Puyat**
Photographed by **Yukie Sarto** of **Studio 100**
Art direction by **Janelle Año** and **Yllaine Sabenecio**

CHICKEN SKIN CHICHARON

Makes 8-10 servings

INGREDIENTS:

1 ¼- 2 cups	Chicken skins
2 Tbsps	Vinegar
½ cup	Water
3-4 cloves	Garlic, peeled and pounded
½ tsp	Black peppercorns, cracked
¾ tsp	Salt
	•Cooking oil or peanut oil for frying



If using chicken skin from the neck, use **kitchen scissors** to cut skin so that the pieces lay flat.



- 1** Collect chicken skins by peeling skins off chicken parts. Rinse in a bowl of water, then pour into a strainer.



- 2** In a pot over medium heat, combine chicken skin, vinegar, water, garlic, peppercorns, and salt.



- 3** Bring to a boil. Once it boils, lower heat and continue to cook uncovered until liquid evaporates and skins render fat, about 45 minutes to 1 hour.



- 4** With a slotted spoon, remove skins from the pot and transfer to a baking tray.



- 5** Place in the refrigerator, uncovered, for about 1 hour or until completely cold.



- 6** Pick out the garlic and black peppercorns. Using a spoon, gently scrape away any subcutaneous fat.



- 7** Arrange skins on a baking tray. Bake skins at 180°F for about 2 hours or until skins become dry.



- 8** Deep fry chicken skins in batches until they begin to puff and start to float.



- 9** With a slotted spoon, remove from heat and drain on paper towels. Serve with spiced vinegar.

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People

OCTOBER 2015

Spanish, Mexican, Colombian, Caribbean and Cuban—these are just some of the cuisines that our columnists took inspiration from as they cooked up this month's recipes. Master old favorites like Beef Salpicao, find out how to put a fresh spin on the classic Arroz à la Cubana, or discover new recipes like Pasteles de Yuca!

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market momma

Great cooking starts with the
careful selection of ingredients

Sunday's Best

LAYERS OF FLAVORS AND TEXTURES COME
TOGETHER IN THIS MEXICAN INSPIRED SALAD

Recipes by **Atty. Gaby Concepcion**

Photographed by **Zac Moran**

Art direction by **Regine Paola Velilla**

I CALL IT THE SALSA RUMBA CHACHA SALAD BECAUSE IT'S THE STAR OF MY FAMILY'S SUNDAY LUNCH when my sister Tita, the ballroom dancing champ, decides to bring it. If and when she decides to bring it, that is. When she decided she wanted to bring her ballroom dancing from a mere hobby to a full-time dance-sport, the only salsa we had was the one that didn't go into her taco salad.

One needs to understand that generally, we are a family of nerds. Active, but not spectacularly sporty. Good cooks, but never *Master Chef* level. Fun-loving in a sedate sort of way—good dancers but never in a dance-sport, *Dancing with the Stars* kind of way.

So it took the family a bit by surprise when she announced that she was going to be busy preparing for her Latin Dance Championship. Well, we were surprised but not totally dumbfounded—this was, after all, my sister who got into mountain-climbing, horseback riding, archery, tennis, golf and most everything else.

For many Sunday lunches, we went without her famous taco salad and had to sit out many afternoons watching her practice on the patio by herself, not being conscious in the least bit, as she went through the different phases of her Latin dances: the salsa, the rumba, and the chacha.

We know the championships are done because she proudly brought her famous salad for lunch last Sunday, and everyone was happy. The only way to eat this salad is by digging into the layers in a chaotic, no-holds-barred kind of way. When making this salad, be generous with the cheese and sour cream to make it extra sinful! As for the dance championship results? She won third place. 🍴



Atty. Gaby Concepcion

Atty. Gaby practices at NMGRA law offices and spends some mornings on TV giving legal advice. She teaches at the Ateneo and the Pamantasan ng Lungsod ng Maynila. Married to lawyer Atty. Danny Concepcion, they have four kids who seem hungry all the time. She enjoys sharing her passions, including going to the market and cooking for her family.



SALSA RUMBA CHACHA TACO SALAD

Makes 6-8 servings

INGREDIENTS:

BEEF AND BEANS TACO SAUCE:

2-3 Tbsps	Olive oil
1	Large onion, finely chopped
1 head	Garlic, chopped
1 ½ Tbsps	Ground cumin
1 tsp	Paprika
½ tsp	Cayenne pepper
½ kilo	Ground beef
2 Tbsps	Tomato paste
1 small pack	Tomato sauce
1 can	Red kidney beans, drained
1 can	Whole kernel corn, drained
1 tsp	Salt
½ tsp	Ground black pepper
1 tsp	Sugar
1 small head	Iceberg lettuce, washed and dried, then shredded
1 bag	Tortilla chips
	•Tomato salsa (store-bought or homemade)
1 small tub	Sour cream
	•Guacamole (store-bought or homemade)

ADDITIONAL TOPPINGS:

2-3	Red ripe tomatoes, diced
1 cup	Grated cheddar cheese
1	Small white onion, chopped
	•Fresh coriander leaves

PROCEDURE:

1. Heat oil in a frying pan or wok over medium-high heat. Sauté garlic and onions, and cook for 3 minutes until softened.
2. Add cumin, paprika, and cayenne pepper. Stir for 30 seconds until fragrant.
3. Add ground beef and cook until browned all over. Add tomato paste and tomato sauce. Simmer over low heat.

4. Next, add red beans and corn. Season with salt, pepper, and sugar. Taste and adjust seasoning. Cook for 5-8 minutes, stirring occasionally until sauce thickens. Turn off heat.

GUACAMOLE:

3	Ripe avocados, halved and pitted, with flesh scooped out
	•Juice from 1 lemon
½	Onion, chopped
½ or 1	Jalapeño pepper, seeded and sliced
2	Red ripe tomatoes, seeded and chopped
1 Tbsp	Chopped coriander leaves
2 cloves	Garlic, finely chopped
1 tsp	Salt
½ tsp	Cumin
½ tsp	Cayenne pepper
½ tsp	Pepper

PROCEDURE:

Mash all ingredients together with a fork up to desired smoothness or “chunkiness.” You may also use an immersion blender or a food processor to blend all ingredients together. Place in a bowl and cover with plastic wrap. Refrigerate until ready to use.

ASSEMBLING THE TACO:

1. Line salad bowl with shredded lettuce leaves.
2. Next, add a layer of slightly crushed tortilla chips.
3. Top that with a layer of beef and beans taco sauce.
4. Spread with a layer of salsa. Drizzle in some sour cream.
5. Top with coriander leaves, chopped tomato, onions, and cheddar cheese.
6. Serve with more salsa, guacamole, sour cream, and grated cheese on the side.



Latin Heat

TAKE THE FIESTA TO YOUR KITCHEN WITH THESE TWO VEGETARIAN RECIPES

Recipes by **Barni Alejandro-Rennebeck**
Photographed by **Zac Moran**
Art direction by **Regine Paola Velilla**

WHEN THE SUBJECT OF MEXICAN FOOD COMES UP, people instantly think of fast food favorites such as super-sized burritos, greasy tacos, nacho chips, and cheese loaded quesadillas. Mexican cuisine's bad reputation for being unhealthy and fattening couldn't be farther from the truth. The fact is that "real" and traditional homemade Mexican dishes are cooked with fresh local produce. Staples such as protein-rich beans, tomatoes, corn, cilantro, and chilies contain a lot of essential vitamins and nutrients.

Crunch a lot of calories, saturated fat, and sodium by skipping Mexican fast food chains. Instead, prepare this fun and festive cuisine for your family at home using lots of vegetables and all natural herbs and spices. Here are two Mexican inspired vegetarian recipes that will surely brighten your taste buds. ¡Buen provecho! 🍴

BLACK BEAN, CORN AND RICE SOUP

Makes 4 servings

INGREDIENTS:

2 Tbsps	Olive oil
½ cup	Chopped onions
1 Tbsp	Chopped garlic
¼ cup	Chopped celery
½ cup	Chopped green bell peppers
½ tsp	Chili powder
½ tsp	Ground coriander
1 tsp	Ground cumin
1 (794g) can	Diced tomatoes
3 cups	Vegetable broth
1	Dried bay leaf
2 Tbsps	Coconut sugar
½ tsp	Salt

1 (425g) can	Black beans, drained and rinsed
½ cup	Corn kernels
¾ cup	Cooked brown rice
	•Chopped cilantro for garnish

PROCEDURE:

1. Heat olive oil in a non-stick casserole. Sauté onions, garlic, celery, and green bell peppers until tender. Add the chili powder, ground coriander, and ground cumin. Cook until fragrant, about 1 minute.
2. Add the diced tomatoes, vegetable broth, bay leaf, coconut sugar, and salt. Simmer for 20 minutes.
3. Stir in the black beans, corn, and brown rice. Simmer for 2 minutes and turn off the heat. Sprinkle with cilantro. Serve hot.

QUINOA BURRITO WITH SPINACH

Makes 4 servings

INGREDIENTS:

2 Tbsps	Olive oil
¼ cup	Chopped onions
2 tsps	Chopped garlic
½ cup	Chopped celery
½ cup	Chopped green bell peppers
1 tsp	Ground cumin
1 tsp	Chili powder
½ cup	Canned diced tomatoes
1 cup	Spinach leaves, thinly sliced
2 cups	Cooked quinoa
1 cup	Whole corn kernels
1 cup	Canned kidney beans, drained and rinsed
	•Salt and pepper, to taste
¼ cup	Chopped cilantro
½ cup	Grated reduced-fat cheddar cheese
4 (10")	Whole-wheat tortillas, warmed
	•Salsa

PROCEDURE:

1. Heat the olive oil in a non-stick skillet. Sauté onions, garlic, celery, and green bell peppers until soft. Add the cumin and chili powder and cook for 1 minute or until fragrant.
2. Add the diced tomatoes and cook for 2 minutes.
3. Toss in the spinach leaves and cook just until they turn bright green, about 1 minute.
4. Stir in the quinoa, corn, kidney beans, salt, and pepper. Mix until well-combined. Turn off the heat and toss in the cilantro.
5. Dividing evenly, top the tortillas with quinoa mixture and sprinkle with cheese (about 2 tablespoons for each tortilla). Roll up into burritos and serve with salsa on the side.



Barni Alejandro-Rennebeck

When it comes to food, Chef Barni Alejandro-Rennebeck believes you can have your cake and eat it too. Nothing brings her more joy than being able to transform everyday dishes into healthier fare. Rice, pizza, burgers... no dish is off limits on her diet since every ingredient can be creatively substituted or "healthified". Contact details: (917)SXYCHEF, (799 2433), (917) 894 8881, (2) 721-SEXY (7399), (2) 721 8881. Email <info@thesexychef.ph>. Website: <thesexychef.ph>. Facebook <thesexychef>.



The Heart of the Home

FURNISH YOUR DREAM KITCHEN WITH THE
RIGHT APPLIANCES FOR YOUR NEEDS

Photographed by **John Ocampo of Studio 100**

FOR MANY PEOPLE, THE KITCHEN IS THE HEART OF THE HOME. IT IS WHERE MEALS ARE LOVINGLY PREPARED AND SHARED, AND WHERE MEMORIES ARE MADE. Appetite's editor in chief, Nina Daza-Puyat, shares: "The kitchen is my domain. This is where I feel relaxed and at home in my own space. I love cooking because it's my "me time" and this is really when I can unwind and de-stress. I enjoy the creative process of deciding what to cook, and then shopping for ingredients in the supermarket and wet market."

Everyone who loves to entertain also knows the importance of a functional yet stylish kitchen. Before, "dirty kitchens" were relegated to the back of the house, never to be shown to guests. Today, the kitchen is considered one of the main rooms in the house, and guests are often invited into the kitchen to watch the host prepare their meals.

This is why it's important to look for kitchen appliances that are as attractive as they are reliable and functional. **La Germania's** latest range of premium cooking appliances promises to provide sleek, modern, and innovative appliances that can be passed on from generation to generation.



KITCHEN 101

In today's modern kitchen, there are four key sections that must be present: the cooker, the refrigerator, the sink, and the prep table. With these four areas strategically in place, the workflow in the kitchen will be smooth, time-saving, and efficient. Remember this simple rule in planning or remodelling your kitchen.

The refrigerator-freezer is essential for storing and preserving food. A sink with a steady water supply is necessary for washing ingredients as well as dining and kitchenware. A spacious work area for cutting, mixing, and prepping ingredients is essential. Here, cooking tools, gadgets, and small appliances may be kept within arm's reach. But the most important and widely used appliances in the kitchen are the cooker and the oven.

Nina shares, "When I cook, I rely heavily on my 4 burner gas stove and my electric oven. To be honest, I tend to abuse my stove because I'm constantly using it for almost everything that comes out of my kitchen—from everyday quick dishes to testing our recipes for Appetite, and to more relaxed and leisurely weekend cooking."

For many homemakers who express their love for their family through food, the stove is their most important cooking ally. Armed with an arsenal of favorite recipes, coupled with a little extra time and effort, all the homemaker needs to create delicious meals for her family is a dependable, heavy duty stove and oven.

A good cooker has to have at least three to four burners of various sizes and different levels of heat. For all around cooking, it's necessary to have a burner that will allow quick sautéing over high pressure heat and a burner that allows a low, steady heat for long hours of simmering. The knobs must be easy to use and the burners easy to ignite. A safety feature must also be in place, to guard against gas leaks and other kitchen mishaps.

The **TU64C 71BX** and **TU85C 61CX** from La Germania's Futura series are great choices for kitchen newbies and cooking pros alike. The **TU64C 71BX** is a model with 4 Defendi gas burners and a gas oven. The Italian-made gas burners not only provide powerful yet precise heat, but gives a very clean combustion with low emissions. Pots are placed close to the flame, which helps you set the proper heat temperature quickly, reducing gas consumption during cooking. Cleaning is fast and easy because the burners are sealed, with no sharp angles or dirt traps. The one-piece stainless steel surface eliminates gaps that trap dirt and oil. And as a standard feature for bakers, the cooker has a fan-assisted gas oven and is equipped with an oven thermometer for accurate baking, resulting in professional results and low energy bills at the same time. This model comes with a stainless steel griddle plate, and wok and simmer ring adapters.

For those who regularly entertain large crowds or who love whipping up elaborate meals for their family, the **TU85C 61CX**, with its 5 Defendi gas burners and fan-assisted electric oven, is the perfect choice. You can cook several meals at once with this cooker.

If you have little kids in the family, don't worry—both models are equipped with the latest safety features to prevent accidental ignition. The one-touch, child-safe ignition system lets you light and adjust burners with one hand, and automatically cuts the gas flow if the flame goes out.

Designed with the modern homemaker in mind, both models are sleek and chic with a contemporary European aesthetic; these are appliances that you will be proud to display in your home. All models are made in Italy and undergo strict quality testing to make sure that what you buy will be a worthy and dependable investment that will provide you with good meals and memories for years to come.





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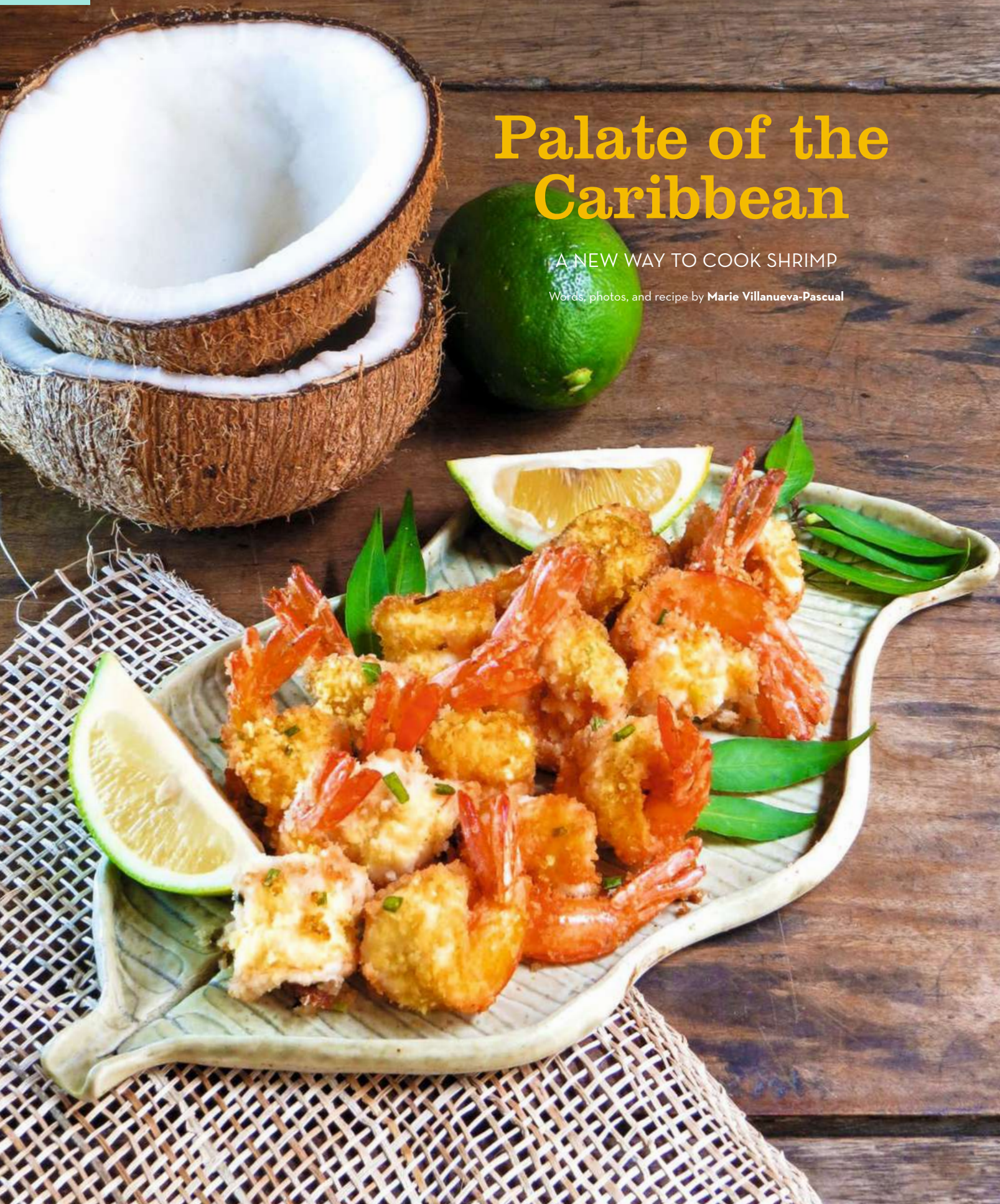
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Palate of the Caribbean

A NEW WAY TO COOK SHRIMP

Words, photos, and recipe by Marie Villanueva-Pascual



OTHER THAN THE DISCO SONGS OF MY YOUTH AND SOME BEAUTY QUEENS THAT GRACED THE MISS UNIVERSE PAGEANTS, I realized I knew very little about Puerto Rico, a small island that dots the Atlantic Ocean and sits alongside the Bahamas, Jamaica, and Cuba. Found in many adventurous traveler's list, all these make up the Caribbean islands.

Like the Philippines, the Caribbean is a paradise of tropical fruits and vegetables, with familiar staples like rice, okra, sweet potatoes, bananas, and coconut. We also share similar cultural and culinary influences from Spain and Mexico, with cooking ingredients like *garbanzo*, *sayote*, vanilla, and cacao. And much like our Filipino food, Caribbean cuisine is a unique and delicious blend of influences, with the use of local seasonings and ingredients. Puerto Rican food is also a celebration of abundant produce and seafood.

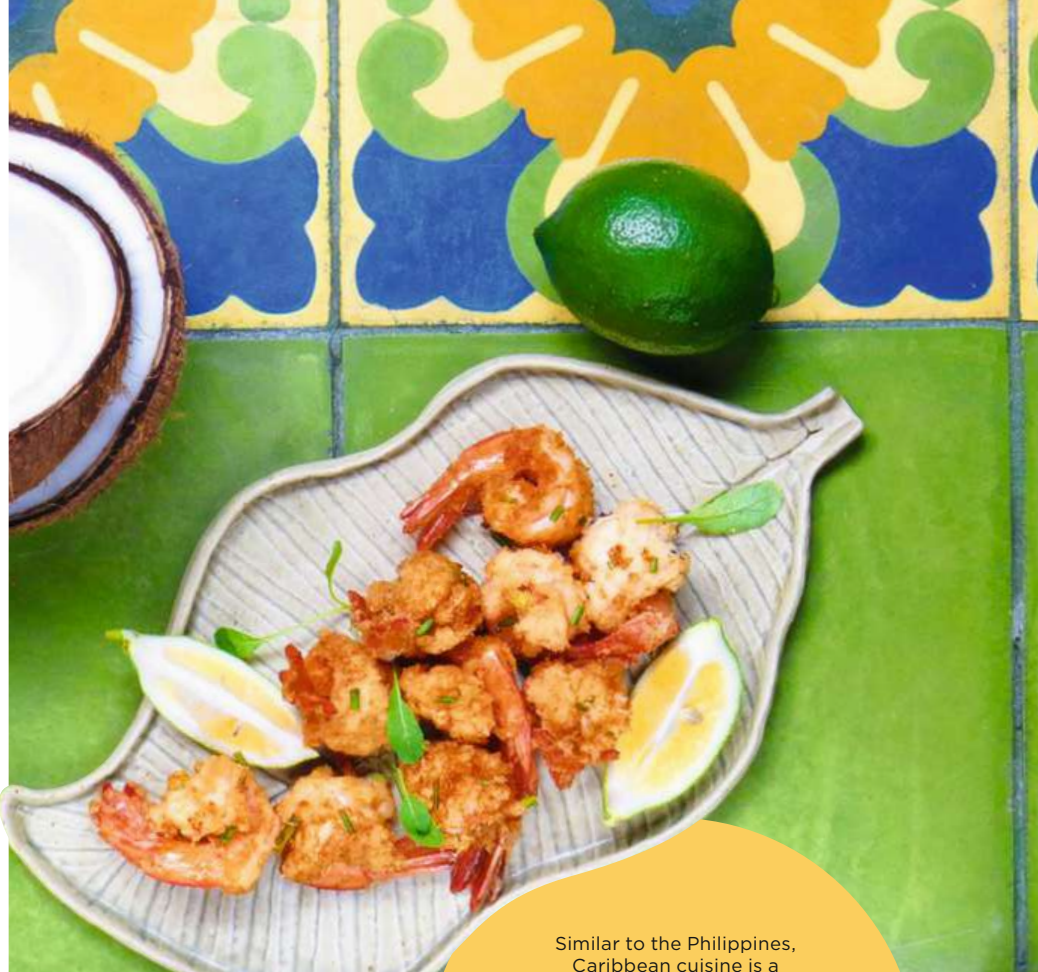
A little research yielded a list of exciting recipes that somehow remind me of comfort food. I discovered other Puerto Rican dishes like spicy roast pork and jerk chicken that I plan to cook for my family soon. I particularly like this recipe because it's simple to prepare and it's a fresh, new way to enjoy shrimps. 🍴



Marie Villanueva Pascual

Marie pursues her love for food and entertaining by opening her home to private dining. She has made many tummies happy by hosting "Boodle Fight Feasts" and "Breakfast Pilipinas" in her cozy lanai. For inquiries and reservations, you can contact her at 09175162743, follow her on FB www.facebook.com/kitchenkitchiekoo/ or email her at kitchen.kitchie.koo@gmail.com.

Food ever the center of her passion, Marie is also into urban and container gardening of herbs and veggies, hoping to build her organic farm one day in Amadeo, Cavite.



Similar to the Philippines, Caribbean cuisine is a hodge-podge of influences from other cultures. **But what makes Caribbean cuisine distinct?**

Here are a few of this cuisine's characteristics: the use of spices like cinnamon, ginger, and nutmeg; ingredients like garlic and lime are common; seafood like crabs, fish, and lobsters; and rice and beans as staple food.

CARIBBEAN COCONUT SHRIMPS

Makes 3-4 servings

INGREDIENTS:

½ kilo Large shrimps, peeled and deveined, with tails intact

MARINADE:

2 Garlic cloves
•Juice from half a lemon

BREADING:

1 Egg
½ cup Milk
•Salt and pepper, to taste
5 Tbsps Desiccated coconut*
4 Tbsps Chopped spring onions
•Pinch of salt
•Cooking oil for deep frying

*NOTE: Desiccated coconut may be found in the baking section of leading supermarkets. This is the same ingredient used for making coconut macaroons

PROCEDURE:

1. Cut the prawns halfway through, enough to fan them out. Put on paper towels to drain excess liquid.

2. Grate garlic cloves and mix with lemon juice in a bowl. Put in shrimps and marinate for 5 minutes. Drain.
3. In a bowl, beat the egg then add milk. Season with salt and pepper.
4. In another bowl, combine desiccated coconut and chopped spring onions.
5. Add a pinch of salt. Heat oil in a medium pot, about 2-3" deep. Dip each shrimp in the egg and milk mixture, then dip in the coconut and spring onions mixture.
6. Fry shrimps for about 1 - 1 ½ minutes depending on the size, until golden. Let sit on a rack to drain excess oil. Serve hot with lemon or lime slices.



recipe 911

Cooking lessons to convert non-cooks to kitchen divas, one dish at a time

What's Your Beef?

LEARN HOW TO COOK THIS RESTAURANT FAVORITE THE RIGHT WAY

Words by **Ann Kuy**
Photographed by **Ron Mendoza of Studio 100**
Art direction by **Yllaine Sabenecio**
Shot on location at **Global Academy, Pasig**

SALPICAO, WHICH MEANS “TO CUT UP AND COOK IN SAUCE,” IS A DISH THAT’S PORTUGUESE IN ORIGIN. “The challenge for every home cook is how to cook the meat right,” explains Chef Ching to student chef for the day, Selma. When beef is overcooked, it becomes dry and rubbery.

Chef Ching shared two tips on handling beef, the star ingredient of *salpicao*. First, the beef should be cooked fast to prevent the juices from leeching out, keeping the meat tender and juicy. Second, using the right cut and quality of meat is important. We used wagyu striploin (which has excellent marbling) for this recipe, but a budget friendly option is local tenderloin. For special occasions, wagyu or angus rib eye may be used.

Selma, who has been spoiled by two daughters who love to cook, excitedly followed Chef Ching’s lead as they marinated the meat. Each step and ingredient was carefully explained to Selma, including how to use flavor enhancers like oyster sauce, garlic powder, and cayenne pepper.

Chef Ching explained that pepper is a good stepping stone for other flavors. Paprika belongs to the pepper family, so it adds a kick to the tasty marinade. Selma learned other kitchen tips, such as how to sear meat properly to seal in its flavors and juices.

The cooking lesson was a true feast for the senses—hearing the meat sizzle, watching the meat change its color, and catching a whiff of the dish’s aroma was enough to whet the appetites of everyone in the room! 🍴



STUDENT CHEF OF THE DAY:
Selma Tuldan, retired hotelier

CHALLENGE: Selma isn’t confident with her kitchen skills. She rarely cooks because she has two daughters who love spoiling her with homecooked meals

CHEF INSTRUCTOR:
Chef Ching Yuingco of Global Academy

BEEF SALPICAO

Makes 4-6 servings

INGREDIENTS:

6 Tbsps	Olive oil
2 Tbsps	Minced garlic
½ tsp	Garlic powder
2 Tbsps	Light soy sauce
2 Tbsps	Worcestershire sauce
1 tsp	Brown sugar
	•Paprika, to taste
	•Cayenne pepper, to taste
½ kilo	Wagyu striploin, or local tenderloin, cubed
	•Oil for frying
¾ cup	Whole mushrooms, halved
2 Tbsps	Oyster sauce
2 Tbsps	Butter

GARNISH:

Roasted garlic
Chopped chives

PROCEDURE:

1. Combine olive oil, garlic, garlic powder, soy sauce, Worcestershire sauce, brown sugar, paprika, and cayenne pepper in a bowl. Mix well.

2. Marinate beef in this mixture for at least two hours, preferably overnight.
3. In a very hot pan, heat cooking oil then sauté beef until evenly browned. Add mushrooms and sauté for another minute.
4. Add oyster sauce. After a few seconds, mix in the butter. Remove from heat. Serve immediately with roasted garlic, chives, and pesto fried rice.
2. Add the rice and mix until heated through.
3. Add the prepared pesto and stir until rice is evenly coated with pesto. Serve with spicy atsara.

PESTO FRIED RICE

Makes 4 servings

INGREDIENTS:

4 Tbsps	Olive oil
2 Tbsps	Minced garlic
½	Red bell pepper, diced
¼	Carrot, sliced
3 cups	Day old rice
2 Tbsps	Prepared pesto
	•Spicy atsara

PROCEDURE:

1. In a hot wok, heat olive oil and sauté the garlic, bell pepper, and carrots. Stir fry for about 2-3 minutes.



Ann Kuy

Ann has been her family’s *cuisinera* for 15 years now. The discriminating tastes of her husband and three girls keep her on her toes as she hunts for new recipes and perfect ingredients. She’s a trained culinary graduate who indulges her love for food through travels, Saturday cook-offs, hole-in-the-wall affairs and writing. She’s been a professional food writer for various publications since 2002.



Tip

Divide marinated beef into smaller portions and store in the freezer. To prepare instant *ulam*, fry minced garlic in hot oil and set aside. Stir fry marinated *salpicao* quickly in garlic oil. Finish with a dash of oyster sauce and a dab of butter. Top with fried garlic.



the suite life

Overcoming the challenges of
cooking in a small kitchen

Old Havana

ARROZ À LA CUBANA TWO WAYS

Recipes by **Idda Aguilar**

Food preparation by **Via Pelea**

Photographed by **Ron Mendoza of Studio 100**

Art direction by **Regine Paola Velilla**



YOU SEE IT EVERYWHERE—FROM TINIDOR TO VENTILADOR, FROM FIESTA TO POMADA, FROM SEMANA SANTA TO AMERICANA. These words we use so often in the Filipino language are actually derived from Spanish, and tell the tale of how hundreds of years under Spanish rule shaped the Philippines' legacy and heritage.

My favorite Spanish influences? Food and *siesta*! Spaniards give these two much importance. Lunch breaks in Spain are famously long, as they love to linger over food and conversation from early to late afternoon. I've heard that you can't expect people to respond to you in these hours; everything literally stops!

In the Philippines, our meal times are often comprised of breakfast, lunch, *merienda*, and dinner. *Merienda*, another Spanish influence, is one of my personal favorite meals of the day, second only to the hearty *almusal* or breakfast. I love this afternoon ritual because this is usually the time when I take a break from a (usually) hectic day to drink some coffee and have some soul food.

Another Spanish dish I'm thankful for? *Arroz à la cubana*. It's a simple dish with ground meat, rice, and fried egg as its main ingredients. Our local version is a mealtime favorite, one that is eaten either very simply or with some extra ingredients thrown in.

Let's celebrate this love for food and slow food meals by making these dishes that take a spin on this classic Filipino favorite. My version replaces rice with bread as the main carbohydrate, and is served in two different ways so that it can be eaten any time of the day. Try it and I hope you'll like it! *Saludos!* 🍴



Idda Aguilar

Idda Aguilar is a master multi-tasker. Her daily life consists of rushing to and from work as a Broadcast Producer.

While running her household and raising two mischievous little girls, she cooks breakfast, lunch, dinner, and always makes room for dessert. She's taking the recipes she grew up with and making them her own in the small kitchen of her apartment. See more of her dishes at thecondochef.tumblr.com.

CLASSIC ARROZ À LA CUBANA

Makes 6-8 servings

INGREDIENTS:

2-3 Tbsps	Vegetable oil
4 cloves	Garlic, minced
1	Onion, diced
1	Medium tomato, diced
1 kilo	Ground beef
3 Tbsps	Tomato paste
2 Tbsps	Worcestershire sauce
2 Tbsps	Soy sauce
½ cup	Raisins
1 cup	Frozen green peas, thawed
	•Salt and pepper, to taste

SERVE WITH:

Steamed rice
Fried *saba* bananas
Fried eggs

PROCEDURE:

1. Heat oil in a large pan with high sides over medium heat. Sauté the garlic, onion, and tomato until soft. Add the ground beef and cook for 5 to 7 minutes.
2. Add tomato paste, Worcestershire sauce, soy sauce, raisins, and green peas. Stir and then cover the pan. Simmer for 10 to 15 minutes or until the liquid evaporates. Season to taste with salt and pepper.
3. Arrange in individual plates and serve with steamed rice, fried bananas, and fried egg.

ARROZ À LA CUBANO SANDWICH

Makes 4 servings

INGREDIENTS:

4 Tbsps	Mayonnaise, divided
2 Tbsps	Yellow mustard, divided
1 loaf	French bread, quartered and sliced in half
8	Deli-style ham
4	<i>Saba</i> bananas, sliced lengthwise and fried
	•Arroz à la Cubana, divided into four 1-cup servings
8	Swiss or mozzarella cheese
	•Fried egg, to serve

PROCEDURE:

1. Spread mayonnaise and mustard on one side of the bread.
2. Arrange 2 pieces of ham, 2 pieces of fried banana, and Arroz à la Cubana filling on each bread and top with 2 slices of preferred cheese.
3. Toast or grill on both sides until cheese is melted. Serve immediately with fried egg on the side.



CUBANO À LA KING

Makes 4 servings

INGREDIENTS:

8 Tbsps	Butter, melted
8 slices	White bread, flattened
4	Fried <i>saba</i> bananas, roughly chopped
	•Arroz à la Cubana, divided into eight ¼ cup servings
8	Eggs
8 tps	Extra virgin olive oil
	Salt and pepper, to taste

PROCEDURE:

1. Preheat oven to 350°F. Spread butter on both sides of the bread. In a lightly greased muffin pan, press the bread into the well of the pan, twisting the edges carefully for the sides to overlap. Bake until they start to turn light brown, about 15 minutes. Remove from oven and set aside.
2. Mix in the chopped fried bananas to the Arroz à la Cubana filling. Spoon into the bread cups. Break the eggs individually into a bowl and carefully pour on top of the meat. Drizzle with 1 teaspoon olive oil.
3. Bake for 20-25 minutes until eggs are set, or until cooked. Top with a pinch of salt and freshly cracked black pepper and serve immediately.



Colombian Roots

TRY MASHED CASSAVA THE NEXT TIME
YOU MAKE CROQUETTES

Words by **Sofia Pardo de Ayala**

Recipe by **Chef David Pardo de Ayala**

Special thanks to **Nella Rodriguez**

Photographed by **Ron Mendoza of Studio 100**

Art direction by **Janelle Año and Yllaine Sabenecio**

LAST AUGUST, I WENT HOME TO COLOMBIA to visit my grandparents and to be the flower girl at the wedding of my Tio Nico and Tia Diana. This was my third time in Bogotá but the last time I was there, I was only two years old, so back then I was not very adventurous with my food. This time around, I spent a whole month exploring many wonderful attractions in both Bogotá and Medellín, and discovering Colombian food!

I loved many Colombian dishes including their fried chicken drizzled with honey. It was hard to choose a favorite to share with you! Then we remembered a dish that I tasted at an Andean food festival, *pasteles de yuca*. It was love at first bite. This appetizer became my meal. It reminds me of potato *croquetas*—soft on the inside and crunchy on the outside.

I hope you try to make this recipe. I'm sure you will love it! 🍴



PASTELES DE YUCA

Makes 15 pieces

INGREDIENTS:

1 kilo	Yuca (cassava roots), peeled and cut to ½" cubes
½ cup	Butter
¾ cup	Rice
¼ tsp	Paella spice mix* (optional)
¼ Tbsp	Olive oil
1 cup	Water
¼ cup	Canola oil
1	Large onion, minced
½ kilo	Ground beef
1	Medium green bell pepper, minced
1	Medium red bell pepper, minced
¼ cup	Green peas
1	Large hard boiled egg, chopped
	Salt and pepper, to taste

*Paella spice mix is available in the foreign imports section of Rustan's Supermarket and Market! Market!

PROCEDURE:

- Put cassava in a pot covered with cold water and 1 tablespoon salt over high heat. Boil and cook until tender.
- Drain cassava, add butter, and mash until smooth. Refrigerate for at least 30 minutes.
- In a pot or rice cooker, add the washed rice, paella mix, olive oil, and water. Stir well and cook rice. Set aside to cool.
- Heat oil in a medium pan over high heat. Sauté onions and beef. Add bell peppers. Drain any excess oil. Set aside to cool.
- In a large bowl, fluff rice until grains are separated. To the rice, add meat mixture, green peas, and egg until evenly combined. Season with salt and pepper.
- Divide yuca hash into 15 pieces. Roll each piece to approximately 3" wide and ¼" thick.
- Stuff each portion with 1 tablespoon of meat and rice filling. Fold dough over the filling and roll shape into a smooth oblong (see photo above). Lightly oil your hands, if dough sticks. Fry immediately or store them in the refrigerator or freezer.
- In a deep pot, preheat the oil to 350°F. Add stuffed yuca without overcrowding the pot.
- Fry until golden brown, 5-8 minutes. Remove and drain on paper towels. Serve with a wedge of lemon or your favorite hot sauce.



Sofia and Chef David

Sofia started showing interest in cooking at age 2. Her first kitchen adventures involved ready-made cookie mixes, pancakes and muffins. Together with Chef David, they made cooking videos that meant to indulge her dream to "be in the iPad" and to share with family abroad. We hope you enjoy.

Watch her videos on YouTube: Baby Chef Sofia



Pasteles is a popular dish in Latin American countries. Puerto Rico, Colombia, Panama, and several other countries have their own versions of this recipe. In Colombia, *pasteles* is a popular Christmas dish made with seasoned rice mixed with vegetables and meat. *Pasteles de yuca* are *pastelas* wrapped in mashed cassava and fried like a croquette.



just desserts

Recipes from the pros to satisfy your sweet tooth

Sweet Endings

SATISFY YOUR CRAVINGS WITH THESE
TWO LATIN AMERICAN DESSERTS

Words and recipes by **Patty Loanzon and Carlo Estagle**
Photographed by **Ron Mendoza** (Chocotorta) and **Mike Cuevas** (Tejas de Coco) of **Studio 100**

CHEF CARLO: "TUILES" IS

SPANISH FOR TILES. These are very thin crispy cookies that can be eaten as is or even filled with cream or ice cream. I enjoy them with my morning coffee or afternoon tea. The ordinary common ones are very much like "apa" or cones, but the more special *tuiles* have other ingredients like crushed nuts. This version with sweetened shredded coconut is quite popular in Latin America.

TEJAS DE COCO (COCONUT TUILES)

Makes 35 (4") cookies

INGREDIENTS:

1 cup	Unsalted butter
2 cups	Powdered sugar
1 cup	Bread flour
¾ cup	Desiccated coconut
8	Egg whites

PROCEDURE:

1. Put the butter and the powdered sugar in the bowl of a stand mixer, and cream with the paddle attachment until fluffy.
2. Fold in the bread flour and the dessicated coconut. Stir in the egg whites and mix until mixture forms a medium thick batter. Refrigerate the batter for at least 15 minutes to one hour to allow batter to rest (for a more tender crust).
3. Preheat oven to 350°F. Using a spoon, spread the batter thinly onto a silicon mat or buttered parchment paper into 4" rounds. Use about 1 ½ tablespoons batter per *tuiles*. You can use a round stencil as a guide to shape the *tuiles*. They should be at least 2" apart from each other.
4. Bake until *tuiles* are golden brown around the edges, about 8 minutes. Let cool. While warm, you can also shape the *tuiles* by carefully removing them from the silicon mat with an offset spatula and rolling them unto small rolling pins or the handle of a wooden spoon. Carefully remove them when cool. Store *tuiles* in an airtight jar.



CHEF PATTY: CHOCOTORTA IS ARGENTINA'S VERSION OF THE TIRAMISU—COMPLETE WITH A STRONG COFFEE FLAVOR! In place of mascarpone cheese, Argentinians use *casancrem* which, like mascarpone, is often substituted with cream cheese. There's also the addition of *dulce de leche* for added sweetness. It's a no bake, easy, fuss-free dessert that gives chocoholics an opportunity to satisfy their cravings by allowing them to increase the chocolate called for in the recipe. The measurements for this dessert are subjective so the recipe here is basically a guide and you can easily add or lessen ingredients according to your taste. It's as simple as that! 🍴

CHOCOTORTA

Makes 1 (17 x 27 cm) cake

INGREDIENTS:

1 cup	Cream cheese
1 cup	<i>Dulce de leche</i> *
2 tps	Strong coffee
3 Tbsps	Sugar (or to taste)
¼ cup	Whipping cream
1-1 ½ (packs of 250g)	Chocolate cookies
½ - 1 cup	Milk, for soaking the cookies
	•Bittersweet chocolate for grating, about 3 Tbsps for each layer

250g	Bittersweet chocolate, grated or chopped into small pieces
½ cup	Cream
2 Tbsps	Butter

**NOTE: You can use store-bought dulce de leche or you can make your own by boiling an unopened can of condensed milk for 3 hours*

PROCEDURE:

1. Prepare the *casancrem*: In a mixing bowl using an electric mixer, beat the cream cheese with a paddle attachment until creamy. Add the *dulce de leche*, coffee, and sugar and continue beating.
2. Change the paddle attachment to a wire whisk attachment and whip the mixture while pouring the whipping cream. Continue whipping until thick. Set aside.
3. Soak cookies one at a time in milk and arrange a single layer at the bottom of 17 x 27 cm baking dish. Cover the cookies with a layer of *casancrem* and grate some chocolate on top. Lay a second layer of soaked cookies and repeat the process of *casancrem* and chocolate. Make 4-5 layers ending with the *casancrem*. Set aside.

4. Heat the ½ cup of cream with the chocolate in a pot and stir to melt completely. Remove from heat and add the butter. Stir until chocolate is completely dissolved. Cool slightly then pour sauce over the cake. Allow to set in the refrigerator. Serve chilled.



Chef Patty Loanzon & Chef Carlo Estagle

Patty and Carlo are Henry Sison Culinary School Silver Spoon awardees and were both asked to return and teach. Together Patty and Carlo fondly call themselves *Petite Cuisine (P&C)*. They help out friends with the occasional consultancy, catering, dessert, and cake orders. Patty receives notes from her students through patty.loanzon@gmail.com or facebook @Teacher Patty.

We used **chocolate graham cookies** for this recipe but **plain chocolate tea cookies** are also great





Craftpoint Brewing Co.

Words by **Janelle Año**

Photographed by **Ron Mendoza of Studio 100**

Art direction by **Regine Paola Velilla**

SOME BEERS ARE MEANT TO BE CHUGGED DOWN AND GUZZLED ONE AFTER ANOTHER, while some demand to be savored slowly, almost reverently, enjoyed down to the last sip. Craftpoint Brewing Co.'s beers belong to the latter.

Claudine Lanzona, marketing associate of Craftpoint, rec

ounts how the company started with the chance meeting of Aldous Bernardo, Chip Vega, and Marvin Moreno, its three owners: "They were a bunch of guys who made their own beers at home. They all used to go to this home brewers club which met every Wednesday in Makati. They started going to the club in 2012 and by August 2013, they became serious about making and selling their beers." Good timing, hard work, and a natural aptitude for pairing flavors paved the way for Craftpoint's success. When the company started, craft beer was having a moment. (According to Tasty Trends

magazine, in 2014 there were approximately 3,040 breweries in America, with a staggering 99% of them small, independent brewers.) The craft beer revolution reached the Philippines, and customers were eager to try more adventurous brews which Craftpoint happily supplied.

Craftpoint's range of beers covers everything from session beers (their **Summer Sessions** is a light, crisp, and fruity blond ale that's a perfect introduction to craft beer) to more unexpected brews like the **Hopnosis**, a ten hops Indian pale ale, and **Liberation**, a Belgian pale ale with a nutty caramel base and citrusy, fruity, and bitter notes. And then there are their "colla-brew-ations," beers created in partnership with restaurants and coffee shops like Big Bad Wolf, The Curator, and Hungry Hound. Chocolate, mocha, and mangosteen are flavors you normally wouldn't

associate with beer, but Craftpoint pulls it off.

"The difference between commercial beers and craft beers is that [the latter] is made in small batches. It's handcrafted with natural and quality ingredients by small, independent brewers," Claudine says. This is why it's a little more expensive than the commercial stuff, although, Claudine explains, the experience more than justifies the price. "When I started drinking craft beer, I couldn't stop. It's like your mind is opened to this whole new world of flavors." 🍷

CRAFTPOINT BREWING. CO.'S BEERS ARE AVAILABLE AT EDSA BEVERAGE DESIGN STUDIO. FOR ORDERS AND INQUIRIES, E-MAIL CRAFTPOINTBREW@GMAIL.COM OR CALL THEM AT 0932 394 8070. VISIT THEM ON FACEBOOK AT <[HTTPS://WWW.FACEBOOK.COM/CRAFTPOINT-BREW](https://www.facebook.com/craftpoint-brew)> FOR MORE INFORMATION.



Chili Pod

Words by **Janelle Año**
Photographed by **Mike Cuevas of Studio 100**
Art direction by **Regine Paola Velilla**

WHEN NAR GAVINA COULDN'T FIND GOOD CHILI IN THE METRO, HE TOOK MATTERS INTO HIS OWN HANDS AND MADE HIS OWN. A big fan of Tex Mex cuisine, he would devour bowl after bowl of chili while studying and working in the States. When he settled down in the Philippines five years ago, the first thing that he looked for was his beloved chili. Disappointed by the lack of options then, he used a recipe he learned from his Mexican roommate's mother as a starting point to develop and perfect his own recipe. He started serving it to his family and *barkada*; Nar recalls how he would sit back and watch people's faces light up as they tried his chili. In February 2014, Nar together with his wife Liz, started selling their homemade chili in weekend markets.

"Chili is [an acquired] taste, so I tried to make it more interesting and give choices *sa* heat level. I tweaked it to suit the Filipino palate by toning down the bitterness and making it more garlicky and just a little bit sweet." Chili Pod currently has three basic types of chili ranging from mildly spicy to scorching hot: Just Chill, Sweat in Your Face, and Hot Head. Good news for those with dietary restrictions: Chili Pod has non-traditional chilis too, like the **Guilt Free Chili** (100% vegan), the **Chicken con Cluck** (chicken with tofu), and chilis without beans. "I have arthritis, so beans are the worst," Nar laughs. "Besides, the original recipe for Texas chili doesn't have beans."

Today, Chili Pod's product lineup includes *carnitas*, fresh salsa, chili dogs, and even burgers inspired by Original Tommy's Hamburgers, an LA burger chain famous for their burgers topped with huge mounds of chili, onions, and jalapeño. More products are on the way, including tacos, *enchiladas*, and *quesadillas*.

Nar notes how much the food scene has changed since he came back: "There's a growth in Tex Mex cuisine, and the

[Tex Mex] restaurants here are making a killing." And yet there are some things that never change. "I still love to sit and watch people," he admits. "I still take pleasure in seeing people's faces when they try our food for the first time." 🌶️

FOR ORDERS AND INQUIRIES, CONTACT CEL NO. 0927 326 3104 OR EMAIL CHILIPODPH@GMAIL.COM



Liz and Nar Gavina with their son Olin





THE SON SHINES

**CHEF FRANCIS PANIEGO
OF EL PORTAL DE
ECHAUREN TELLS
US HOW HIS MODERN
APPROACH TO COOKING
IS STILL VERY MUCH
ROOTED IN TRADITION**

Special thanks to **Ms. Teresa Cuervo** for the
Spanish to English translation of the interview
As told to **Nina Daza-Puyat**
Photos from **Francis Paniego**

FRANCIS PANIEGO MAY BE A CELEBRATED CHEF IN HIS HOMETOWN OF EZCARAY IN LA RIOJA, SPAIN, but when he came to the Philippines for Madrid Fusion Manila early this year, not very many people knew much about him. They didn't know that his restaurant El Portal de Echaurren boasts of a two star Michelin rating and 3 suns from the Repsol Guide, the highest distinction given to chefs in Spain. But Chef Francis didn't seem to mind that his other colleagues got more attention. He seemed fascinated enough by the many similarities the Philippines has with his own culture, and was too busy trying out as many exotic ingredients as he could get his hands on.

Handsome, charming and very personable, Francis Paniego gamely answered our questions.

Your hometown of La Rioja is famous for wines. What else is it famous for?

My region is a place blessed by God. It's an incredible, beautiful place, and it's possibly the richest region in Spain. There are mountains, rivers, and rich soil that produces wine. We have the most important river in Spain, Rio Ebro, that enriches the vegetable gardens in Spain. My region is rich in personality because it has always been—traditionally—a mix of ways of doing things, culinarily and gastronomically.

You come from a family of hotel and restaurant owners. In your parents' and grandparents' generation, who took charge of the kitchen?

I'm from the fifth generation. It has always been women "cocineras" like my mother and my grandmother. I am the first male chef in my family.

What are some typical Rioja dishes from your hometown?

We have *guisos*—pots or stews that you eat with a spoon. There's *legumbres* or *minestra de verduras* or mixed vegetables. Each season is different. In autumn, we have artichokes, *cardo* (like a big celery), and peas. They're normally boiled separately and then sautéed, and then put together like an ensemble.

What is a typical or traditional meal like in your home, say for a special occasion?

Traditionally, we eat together but we're all busy now. For Noche Buena at Christmastime, I am not allowed to cook. Only my mother and my two sisters [cook]. We have the same dinner every year—*verza*, a winter cabbage; *cardo con almendras*, a tasty fish soup made with *cangrio*, an ugly fish; and finally, a roast chicken with yellow skin and potatoes around it. Then everybody gets a piece of bread and we all dunk it in the sauce. That's part of the tradition.

Your brother Luis passed away in a car accident. How did this family tragedy affect you, personally and professionally?

That event changed my life. I went to bed as a 19 year old boy and I got up the next day as a 19 year old man. My brother was like a mentor who was supposed to take over the business. My mother lost a son, I lost a brother, and my family lost their heir [to the business]. It was hard but I didn't have time to cry. But I believe he's here with us now.

Is he your inspiration as a chef?

Yes, but I also realized that I should live my own dream and not somebody else's dream.



Who taught you the basics of cooking?

The hotel-restaurant was in my house so I've always been around [the kitchen]. I grew up seeing my grandmother and my mother cooking and I would help them make *croquetas*, for example.

Your mother cooked and served traditional Spanish food in your family restaurant, Echaurren. Why did you think of changing it or modernizing it?

It's very difficult to find your own voice or identity within something so rich as my mother's cooking. Maybe my parents made a mistake in sending me to school and to restaurants where I trained with these master chefs like Elena's father (Juan Mari Arzak). I wanted to be one of those guys too because I got exposed to how things are done at their level.

How much of your cuisine at El Portal de Echaurren is still rooted in tradition?

We have two restaurants, one run by my mother and one run by me. Her kitchen with five *cocineras* does 30,000 meals a year—it's super popular among families and it's always full. Mine only has 10 tables and we produce only 5,000 meals a year. The smaller kitchen has 14 chefs to make around 20-25 meals per service.

What is your philosophy in cooking?

My cooking is based on five themes. One is tradition—to review it, not to change it, but to improve it. I respect tradition. Second theme is working with vegetables. Third theme is wine—not to cook with wine but to cook inspired by the wine industry in La Rioja. Fourth is cooking with products grown within a 10 kilometer radius of my restaurant. The fifth—what I came here (in Manila) to promote—is working with offal or innards.

Francis with his mother and mentor, Marisa Sanchez



I know it's a risk to go in this direction but I like it very much because not many chefs are into this and it differentiates me from other chefs. I feel that it is my responsibility to use what is discarded for a more sustainable planet.

Which animals do you usually work with and which animal parts in particular?

All. Usually pork, beef, and lamb. We work with the brain, snout, hooves, tendons, heart, ears, and skin.

You were overheard to say that the Philippines is the Latin of Asia. What did you mean by that?

Because you can see it, you can sense it. Physically and culturally. The presentation at Malacañang where I saw regional dances—it was very much Spanish and Latin.

Traffic here is worse than Madrid and they honk the horns the same way we do. It's the same energy. I love it.

What special gifts are you bringing back for your mother from the Philippines?

(big wide grin) *Perlas*. 🍷

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Dining

OCTOBER 2015

Let this month's dining guide help you explore new cuisines and discover new favorites. Find out where to get authentic African food in the metro, celebrate Oktoberfest with Bavarian food and beer, and wake up your tastebuds with Peru's famous ceviches! Plus, Zig goes on the hunt for unique taco joints!

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Taco the Town

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Eat Like a Man

BELLY-BUSTING PERSIAN FOOD
AT SHAWARMA BROS

Words by **Martin Yambao**
Photographed by **John Ocampo of Studio 100**

The Keema (above) is a steal at P60. Try the wraps (below) with Shawarma Bros' three signature sauces: garlic yogurt, cheese, and chili tomato



A HUGE PART OF BRO CULTURE IS HAVING ANY EXCUSE TO CELEBRATE WITH GOOD FOOD. It took five friends (a friendship that spanned high school all the way through college), the rise of local food trucks, and a typical after basketball practice bro session—commemorated with copious amounts of beef, white yogurt sauce, and biryani rice—to establish the organic beginnings of a bro-approved food concept; enter the Shawarma Bros.

"It all started with our search for the truck," shares Abe Castro, one of the founders of the restaurant, together with Rammy de Claro, Paolo Layug, Joey Reyes, and Gab Sobrepeña. "We were looking to serve chicken wings or sandwiches, and then it hit us like a light bulb moment: we all love shawarma. *Oo nga 'no? Game!*"

The latter part of 2012 saw the *barkada* establish their food business as a food truck concept, driving around the metro to various Mercato set-ups and commercial food fairs. "On our first day of operations," Abe recalls, "I drove the truck to a car show. We set out to sell 100 plates for the course of three days, but by 3PM that same day, I had to call my friend at the commissary, 'bro, we've run out of food.' That's when we really started to consider a restaurant business full-time."

The Shawarma Bros grew organically from a food truck roll-out with no service

crew, just five friends to man it, to an obscure standalone concept in Pasig in 2014, born out of their commissary, ("It was just another experiment," says Abe, "to test our operations.") and now welcoming a full-fledged restaurant in 2015.

What started out as a three option menu—choices between beef, chicken, or lamb shawarma, all served with biryani rice—grew to include a larger restaurant menu in the commercial heart of BGC. The Shawarma Bros at the Stopover Pavillion now serves combination shawarma rice meals, a side dish of *keema* (a ground beef Persian food classic), shawarma wraps, and a unique shawarma hybrid-burrito wrap with biryani rice.

"Our focus has always been the meat," says Abe, "our secret spices and marinades have been our selling point with customers. Everything else we do is just the icing." The Shawarma Bros serves their meat in small cuts; with a strong spiced flavor in every bite. The meats are cooked on the griddle, as opposed to the traditional way of cooking shawarma on a spit.

The beef shawarma rice (a Shawarma Bros bestseller served with iced tea) comes in a generous bed of yellow biryani rice, three side sauces (classic yogurt, cheese, and chili tomato) and a side salad of salsa.

"The salsa is not your typical tomatoes and onions; we developed our own

chopped mix that includes cucumber and a hint of tangy mango syrup."

Shawarma Bros offers an inventive mash-up of other contemporary cuisines in their menu; from the Mexican-inspired biryani burrito wraps (with their own specially baked pita bread) and the decadent cheese sauce you won't find at other Persian-inspired establishments.

Prodded on what Abe would recommend to someone who has yet to grab a taste of their signature meat and rice dishes: "I'd recommend our lamb steak rice. It's our specialty, we do lamb well. And at P199 for a plate? You can't beat that price anywhere else." Now you know where to schedule your next bro-sesh. 🍴

MENU

- Beef Shawarma Rice Meal (P179)
- Chicken Shawarma Rice Meal (P169)
- Lamb Steak Rice Meal (P219)
- Beef Burrito Bro Wrap (P159)
- Chicken Shawarma Wrap (P149)
- Lamb Steak Wrap (P199)
- Keema (P60)

SHAWARMA BROS IS OPEN MON TO SUN AT 2/F BGC STOPOVER PAVILLION, RIZAL DRIVE CORNER 31ST STREET, BGC. FOLLOW @SHAWARMABROS ON INSTAGRAM



Dining Out of Africa

ZIGGURAT'S MENU GIVES DINERS A GLIMPSE OF A PART OF THE WORLD UNFAMILIAR TO MOST FILIPINOS

Words by **Yvette Tan**

Photographed by **Ron Mendoza of Studio 100**

Art direction by **Janelle Año**

Sittings editor **Yllaine Sabenecio**

MENU

Mezzo Mezze (P300)

Truffle Hummus (P110)

Chicken Tikka (P150/ pc)

Liberian Corn Rice (P90).

African Green Mango Rice (P90)

Ethiopian Kitfo (beef or tuna P375)

Nigerian Groundnut soup (plain P90, chicken or beef P110, lamb or turkey P120)

Couscous Bidawi Aux Sept Legumes (P250)

Spri Ethiopian Layered Fruit Compôte (P200)

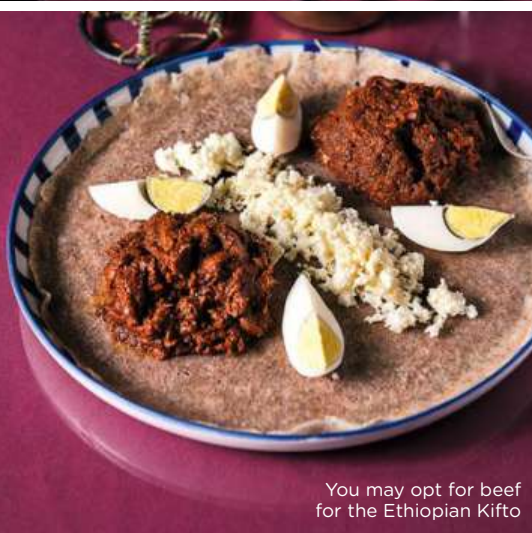
Somali Adriyad Pasta (P100)

African Fruit Fritters (P120)

Easily good for two hungry people, the Couscous Bidawi Aux Sept Legumes is definitely worth more than its P250 price tag



The hummus in the Mezzo Mezze aren't your run-of-the-mill flavors. Strawberry and harissa hummus, anyone?



You may opt for beef for the Ethiopian Kitfo



Simple but delicious: African Fruit Fritters and Somali Adriyad Pasta



Pair the Chicken Tikka with any of Ziggurat's large selection of rice dishes



smothered in garlic sauce (which is completely vegan, in adherence to kosher rules) and eaten with rice.

For something a little out of the Filipino comfort zone, order the **Ethiopian Kitfo**, beef striploin or sashimi grade tuna tartare marinated in spiced butter and chili herb sauce, and *fenugreek*, served with boiled egg, white cheese, and *teff* bread. The *fenugreek*, unfamiliar to the Filipino tongue, makes the dish different. It's an acquired taste, but one that does not take long to get used to.

Ziggurat's dessert list is as diverse as its savory menu. The **Spri Ethiopian Layered Fruit Compôte** is a popular Ethiopian roadside treat. Papaya, avocado, and mango purée layered on top of each other and served at room temperature. It's also a great way to cleanse the palate, especially after a heartily spicy meal.

Filipinos are proud of their sweet spaghetti, but the **Somali Adriyad Pasta** is bound to give the dish a run for its money. Angel hair pasta is cooked with butter, honey, cinnamon, cardamom, and fruits. It's been described as "baklava with pasta instead of pastry," which is quite apt. Once you get past the idea of having sticky-sweet pasta for dessert, you'll find that this dish is quite lovely. The **African Fruit Fritters**, grilled bananas, pineapples, and apples drizzled with honey is sweet and warm, the heat caramelizing the fruits' natural sugars, the honey making the dish more enjoyable. "It opens your eyes conceptually," Concepcion says. "These are foods that you eat in that particular way."

Ziggurat is a reminder that, in a city continually looking for something different to try, sometimes, you need not go further than your neighborhood restaurant. 🍴

MAKATI-BASED FANS OF INDIAN, AFRICAN, AND MIDDLE EASTERN CUISINE ARE FAMILIAR WITH ZIGGURAT, ONE OF THE BURGOS AREA'S MOST POPULAR OPEN SECRETS. Located smack-dab in between Tigris and Euphrates streets, the restaurant has been delighting guests with its exotic ambiance and extensive menu (that keeps expanding) 24 hours a day, seven days a week, for 12 years now.

"There's a very big focus on Africa now," says chef and owner Jimmy Concepcion. "[Ethiopia, for example], has amazing food that's very different on the palate for us Filipinos." Yes, Ziggurat serves Ethiopian dishes. They also serve cuisine from countries like Libya, Sierra Leone, and Nigeria, all of them authentic. "I am a person who likes to keep the recipes as close to the original as possible," Concepcion says. That said, he isn't averse to fusion dishes, within certain parameters. "When I say fusion, it's the specific cuisine of a particular country or region that gets influenced by new ingredients."

An example is the **Truffle Hummus**, which is off the menu but always available. "Because people are getting used to having truffles, this has already been mixed in French-influenced areas in the Middle

East and Africa," Concepcion says. The dish is as delicious as it sounds, the truffle oil adding a delicate layer of flavor to the chickpea spread.

Ziggurat likes to play around with recipes based on ingredient availability. The **Mezzo Mezze** usually consists of hummus, *mouttabal*, *jazar*, and *mahroussa* served with flatbread, but can be altered upon request. Who knew that mango, strawberry, green peas, and *harissa* (Moroccan firespice) made such delicious dips?

Concepcion explains the **Nigerian Groundnut soup** (which you can have either plain, or with chicken, beef, lamb, or turkey) perfectly: "It tastes like *kare-kare*, except it's got ginger and tomatoes." And it does, except soupier and spicier; the tomatoes, ginger, and chilies boost its umami factor so that it somewhat undercuts the peanuts, making it a thick, warming, soup you find yourself longing for on a cold day. The **Couscous Bidawi Aux Sept Legumes** is a whole tagine filled with couscous, topped with a special seven vegetable curry. Rich and flavorful, this is suitable for vegetarians, though you don't have to be one to enjoy it.

Most people gravitate towards the kebabs, of which the **Chicken Tikka** is perhaps the most popular. Tender, flavorful, and with just the right amount of char, it's best

ZIGGURAT IS LOCATED AT G/F SUNETTE TOWER, DURBAN ST. COR. MAKATI AVE., POBLACION, MAKATI. TEL. NO. (02) 817-5179 TEL. NO. (02) 817 5179



dining | Cocina Peruvia

Finding the Familiar in the Foreign

COCINA PERUVIA SERVES HOME-STYLE PERUVIAN FOOD RIGHT IN THE HEART OF MANILA

Words by **Janelle Año**

Photographed by **Floyd Jhocson of Studio 100**

Art direction by **Yllaine Sabenecio**



The anticuchos are good on their own, but the chimichurri sauce takes them to another level

CAN A CUISINE BE EXOTIC YET FAMILIAR? WITH PERUVIAN FOOD, YES, IT CAN. Although Peru may be on the other side of the world, the Philippines has much in common with the country hailed as South America's culinary capital. Like us, Peru is a melting pot of influences (Spanish, Italian, Portuguese, Chinese, Japanese, and African, to be exact) with a wealth of natural resources and a predisposition towards dishes that are prepared simply but are big and bold on flavors. Cocina Peruvia delivers authentic Peruvian food, the kind that you can find in people's homes or on the streets.

"If you try Peruvian food, it's not exotic [in the way that] you're eating weird food or wondering what the heck you're putting in your mouth. The food is very familiar," says executive chef Him Uy de Baron. Perhaps so familiar that we actually share many dishes with them, like *escabeche* and *adobo*!

Start your meal with another dish we have in common, ceviche. The restaurant serves three kinds of ceviche, each using a different kind of *aji* or Peruvian chili. A vital ingredient in Peruvian cuisine, *aji* is not meant to make dishes very spicy, but rather to give a dish depth and enhance its flavors. Go for the **Ceviche Nikkei**, a Japanese-Peruvian ceviche with salmon, jack fish, soy sauce, coconut milk, and citrus juice.

Don't miss the *anticuchos* or Peruvian kebabs, of which the **Anticuchos de Corazon** is the standout. Marinated in *aji amarillo* sauce, these grilled beef hearts are surprisingly tender with a rich and beefy flavor, almost like steak. "One [customer we had] didn't want to eat a piece," shares owner Eric Teng. "He ended up eating two sticks!"

The **Pescado al Ajillo** has tender and meaty *gindara* in garlic sauce topped with fresh, juicy shrimps and slivers of garlic. It's simple and satisfying. The restaurant's bestseller is the **Lomo Saltado**; fans of *salpicao* will find a new favorite in this likewise hearty and garlicky dish which has beef tenderloin stir-fried with onions, tomatoes, and fried potatoes. This demands to be eaten with a lot of rice!

Just as exciting is Cocina Peruvia's ever expanding dessert menu created by Chef Miko Aspiras. Pick from an array of traditional desserts like **Picarones**, fried dough with sweet potato and pumpkin as its main ingredients. Aspiras' take uses our own *kamote* and *kalabasa* for a Filipino spin, plus *buko* ice cream to make the dish more approachable. The



Trio of ceviche, all made with *leche de tigre* (tiger's milk), a marinade with citrus juices and chillies



Gindara with shrimp in garlic sauce. A squeeze of lemon wakes up the dish



Cocina Peruvia does justice to Peru's unofficial national dish, *lomo saltado*



Picarones is a popular street food dessert with African origins

restaurant also serves a gussied up version of **Alfajores**, the humble cookie turned into a plated dessert with shards of *alfajores* biscuit, smears of thickened *dulce de leche*, and ice cream with crumbled *polvoron*. Or go the more adventurous route with modern desserts inspired by Peru's produce, like the **Corn Panna Cotta** (a variation of the recipe that won Aspiras the gold medal in an international cooking competition), which has a sweet corn cream base made more complex with the use of Peruvian white corn and polenta, topped with *binatog* and crumbled charcoal cake.

"It's not just the food, it's the experience," Teng says, when asked why he thinks Filipinos will take to Peruvian cuisine. "You enjoy Filipino food with company, with your family and friends. It's the same with Peruvian food. It's not meant to be eaten alone. It's all about sharing." Finding the familiar in the

foreign is easy enough with Peruvian cuisine, but it turns out that our biggest similarity with Peru is not in how we prepare our food, or even the ingredients we make it with, but rather, the way we enjoy it. In Peru, as in the Philippines, meals are made all the better when shared. 🍴

MENU

Ceviche Pescado, Mixto, and Nikkei
(P290/ea)

Anticuchos de Corazon (P290)

Pescado al Ajillo (P450)

Lomo Saltado (P450)

Picarones Peruvia (P280)

Alfajores (P180)

Panna Cotta (P250)

COCINA PERUVIA IS LOCATED AT THE G/F BONIFACIO ONE TECHNOLOGY TOWER, RIZAL DRIVE COR. 31ST ST., BGC, TAGUIG.
TEL. NO. (02) 955 9975



Bavarian Blitz

BROTZEIT GIVES DINERS A TASTE OF
MUNICH WITH ITS OKTOBERFEST MENU

Words by **Paul Catiang**

Photographed by **Ron Mendoza of Studio 100**

Art direction by **Janelle Año and Yllaine Sabenecio**



Good for six hungry people, the Oktoberfest platter has *schweinshaxe* (German pork knuckles, similar to our crispy pata), beer-infused honey Bavarian pork ribs, and a selection of sausages

Expertly seasoned and with a strong beefy flavor, the flank steak is a good choice for meat lovers

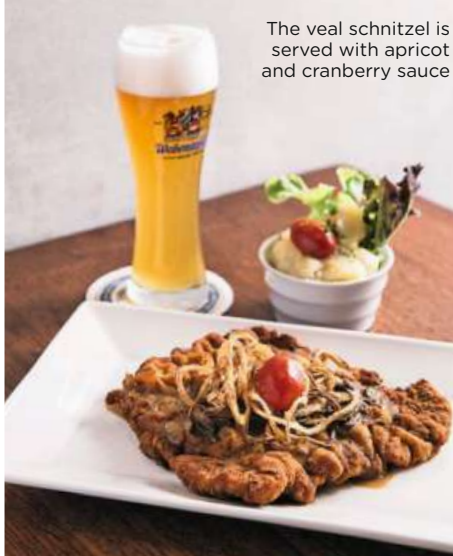


Roasted spring chicken

IT HAS BEEN 182 YEARS SINCE THE FIRST OKTOBERFEST IN 1810, which marked the wedding of Crown Prince Ludwig to Princess Therese of Saxe-Hildburghausen. The celebration, held in the fields outside Munich, invited the citizens to participate, watch a horserace, or join a parade of children wearing traditional costumes from 16 surrounding Bavarian towns. Subsequent years added an agricultural show, a carnival, and other attractions. Held for 16 days from late September to the first October weekend, Oktoberfest has showcased Bavarian food and drink to the extent that many cities the world over join the celebration.

While Metro Manila is no stranger to Oktoberfest and its copious amounts of beer, the city may need a little more exposure to Bavarian cuisine. Brotzeit, the German beer bar and restaurant franchise from Singapore, prides itself on its brews

The veal schnitzel is served with apricot and cranberry sauce



Brotzeit takes their fish and chips seriously, with perfectly cooked beer battered sole and thick cut fries

and its Bavarian food. More to the point, each year, the restaurant chain whips up an Oktoberfest menu that's available for the duration of the festival in Munich for as long as supplies last.

Ivan Maminta, culinary director for Brotzeit Philippines, has adapted Bavarian cuisine to bring Oktoberfest's more popular dishes to Asians. "We still use the classical recipes as a base," he says. "We just improve on it, so that [our dishes will be] more cost-efficient, consistent, and of course, tasty."

MUNICH-STYLE MEATS

We can start with the **Oktoberfest platter** as an example—that is, if we can decide which of the arrayed meats and sausages to begin with. Take the pork knuckles at the center: traditional Bavarian home cooking would slow-boil it in spices, sometimes maybe deep-fry it. Brotzeit's version takes a little longer, as Maminta describes the process: "It takes three days to process the knuckle: marinating it in the beer and spices, and steam-baking it until tender." The final touch here is the broiling, which takes around 15 minutes, rendering the fat and turning the skin crispy and crunchy. The juices—spices, beer, and

all—that seep out get turned into the gravy served on the side.

Beside it, the pork spare ribs are braised in red wine, beer, chili sauce, and a secret combination of spices, and are cooked until the meat falls off at the touch of a fork. All around are the various sausages Brotzeit is known for internationally.

The menu also includes other meats. There's the **roast chicken**, seasoned with garlic herb butter and its sides of sautéed spinach and red cabbage braised in orange juice, red wine, and spices. And then there's the **deep-fried sole in beer batter**, served with its side of potatoes—the Bavarian answer to English fish and chips. The **flank steak and roasted potatoes** are there for those who like their meat straightforward with no frills. For the adventurous, there's the **Jäger schnitzel**: a hunter's cutlet of veal, around five months old, coated in a cream-based batter, and served with Jäger sauce that delivers a taste of the Schwarzwald: earthy, mushroom aromas blend with the tang of white wine.

THE PURITY OF BEER

Of course, you'll need beer to go with food this hearty. Brotzeit prides itself in serving imported German beers made according to the German Purity Law of 1516, all brewed using only spring water. They serve **Paulaner draft beers**: Original Münchner Lager, Hefe Weissbier, Dunkel Hefe Weissbier, and Original Münchner Dunkel Lager, along with specialty Bavarian bottled beers. There will also be a special beer for Oktoberfest, which will be served while supplies last.

What began as a wedding celebration has become a focal point for Germany—it now also celebrates the country's reunification—and an invitation for the rest of the world to take part in its harvest festivities and taste its sumptuous food and drinks. 🍴

MENU

Backfisch - Beer battered fish fillet with potato wedges (P550)

Jägerschnitzel - Veal schnitzel with mushroom (P780)

Zwiebelrosbraten - Flank steak with roasted potatoes and fried onions (P980)

Gebratenes Huhnchen - Roasted half chicken with two sides (P490)

Oktoberfest Platter - Pork knuckle, bacon wrapped garlic sausage and pork spare ribs (P3000)

BROTZEIT HAS BRANCHES IN SHANGRI-LA PLAZA MALL AND GLORIETTA 4. TEL. NO. (02) 631-1489

Taco the Town

Words by **Zig Naguiat**

Photographed by **Ron Mendoza of Studio 100** (Taco Vengo), and **Krizia Cruz**

Our Mexican cuisine here is arguably far from authentic, but we make do with what we can get, and what we can get is decidedly delicious all the same. Let's skip the usual hard-shell tortilla tacos with their over-seasoned ground beef and cheap cheese fillings. Let's go for these soft-shelled tacos that try to be on the "loco riquisimio" side!



| 1 | HERMANO'S TACO SHOP

27 Granada Ave. cor. Jose O. Vera Street, Valencia, Quezon City. Tel. No. (02) 570 8425

I ordered their **Carnitas (P170)** and **Fish Tacos (P195)** at two large pieces per serving. I tried the pork first. Hmm... well, it's very flavorful, and you can taste the marinade all throughout the meat, but the pork was dry and a bit tough. The fish had this coating similar to *camaron rebosado*—like a fluffy tempura, without the crunch, but not exactly soggy. It was plain tasting—you really need the lemon juice and salsa to give it more flavor. I like that they used corn tortillas as a wrap, but overall, I feel that this could have been better.

Rating:

3.5/5



| 2 | CHIHUAHUA

Makati Ave. opposite A.Venue Mall, Brgy. Poblacion, Makati City. Tel. no. (02) 246 9069 ext. 212

I'm as hungry as a dog (I think I used the wrong animal), and I want some tacos. I think I'll go with the **Beef Picadillo** and **Pork Carnitas (P297/two tacos)**. The *picadillo* was like a Mexican *ragu*, with tender ground beef in a tomato-based sauce. It was a bit messy to eat since the ends were essentially open but it's very tasty. I liked the *carnitas* more though. The tender diced roast pork was packed with flavors in every morsel. I also loved the

little bits of fat that melt in your mouth. The fresh vegetables round out the flavors of the two, and with a little salsa, control their richness. These tacos are a good example of "simple is best."

Rating:

4/5



| 3 | TACO VENGO

16 United Street, Kapitolyo, Pasig City. Cel. no. 0917 327 8989

This isn't your typical Mexican joint, but they do have some interesting taco offerings. Their **Shrimp Taco (P110)** was quite a treat, with crisp shrimp tempura topped with shredded cabbage, spring onions, and tempura flakes. The **Pork Cheek Confit Taco (P95)** was mouth meltingly soft, with crunchy *chicharon* bits for added texture. The **Tofu with Asian Slaw (P95)** is a great vegetarian option, with fried cubes of tofu, kimchi coleslaw, sour cream, and sweet chili sauce. The **Steak Taco (P110)** had tender steak topped with sweet sautéed onions, bell peppers, and cilantro—personally, I felt that this was the weakest because it's not very original, but it was still good. Honestly, these are on the expensive side, with each taco just worth maybe two bites, but they have creative fillings that excite the taste buds. If you've got money to burn and are looking for something delicious and different, head here.

Rating:

4.5/5





| 4 | GRIDDLE

106-B Maginhawa Street, Teachers Village, Quezon City. Tel. no. (02) 433 4889

Lechon Tacos (P120)? This has admittedly been done before, but the price is good, so I tried it. *Lechon kawali*, tomatoes, lettuce, flour tortillas, and *lechon* sauce—works for me. The *lechon* had this great flavor throughout the meat, and it was crisp where it needed to be. I wasn't too keen with the lettuce and the tomatoes could have been made into a Pinoy salsa instead, but those are just my personal preferences. The sauce tasted like one of those store-bought sauces—nothing wrong with that. No illusions of grandeur here, they give you exactly what they advertise, and at a reasonable price too.

Rating: 3.5/5



Zig Naguiat

Zig Naguiat is always ready to try out some authentic Mexican food. But if he can't, there's always Mexico, Pampanga.



| 5 | 'CUE MODERN BARBECUE

Bonifacio High Street Central, 7th Avenue, Bonifacio Global City, Taguig City. Tel. no. (02) 621 4052

Bone Marrow and Steak Tacos (P485)? Ooh, this sounds good. It's got roasted marrow, grilled beef, corn salsa, and *salsa verde* on flour tortillas. A big enough serving for two... or one, in my case. The steak was really tender. Paired with the marrow, it's one of the most decadent things you can eat. The molten fat and juices just dripped with each messy bite. The corn and *salsa verde* toned it down a bit, their sweet and sour flavors contrasting with the richness of the marrow and the beef. This is best eaten while warm, as the marrow hardens quickly. Yeah, it's pricey, but with the quality of the ingredients? I'd say this is worth having every now and then as a special treat.

Rating: 4/5



| 6 | HIJO DE PITA

The Zone, 33A Malingap Street, Teachers Village, Quezon City. Cel. no. 0915 887 0977

The most interesting thing I saw on their menu was the **El Chuppacabba Taco (P239/2 pcs)**. No, it's not made out of the legendary goat-blood sucking cryptid—that would have been interesting—but with grilled chicken wrapped in bacon. Hmm, the taco looked more like a quesadilla without cheese. The chicken was all chopped up, and the taco had some sausage slices too, along with chopped cabbage and some dressing. Hey, not bad! The chicken was tender and moist, and well-seasoned too. The sausage had that homemade taste to it that reminded me of Italian sausages. The two meats went well together, and everything was tied up nicely by the sweet and savory dressing. This is definitely worth its price.

Rating: 4/5





Huevos Rancheros

Words by **Janelle Año**
Food styling by **Nina Daza-Puyat**
Photographed by **Yukie Sarto of Studio 100**
Art direction by **Yllaine Sabenecio**

HUEVOS RANCHEROS (LITERALLY “RANCH-STYLE EGGS”) IS A SIMPLE YET FILLING MEXICAN BREAKFAST DISH. Today, *huevos rancheros* is a popular breakfast pick all over the world, so it may surprise people to find out that this dish wasn’t traditionally eaten for breakfast! Rather, *huevos rancheros* was originally served to farm workers as a mid-morning snack. At its most basic, the dish has three ingredients: fried eggs, a tomato-based spicy sauce, and a fried corn tortilla. As its popularity grew, so did its variations.

Some common additions to the basic formula are: meat, refried beans, rice, fried potatoes, salsa, different peppers, sour cream, *queso fresco* (a creamy Mexican white cheese), olives, and guacamole. Instead of fried eggs, poached eggs, scrambled eggs, or eggs over easy may also be used. And while a corn tortilla is still the top choice, many people use the more readily available wheat tortilla. One playful variation is the *huevos divorciados* (“divorced eggs”) which has two eggs in different sauces. 🍴





Heart & Home

OCTOBER 2015

Wondering what to do for the coming holidays or planning your next vacation? Let our handy party guide help you throw the perfect (and stress free!) Halloween bash, and discover all the great eats Ho Chi Minh City has to offer.

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Sharon Cuneta





Fright Night

HOW TO THROW A SPOOKY HALLOWEEN BASH FOR YOUR KIDS

Words by **Janelle Año**

Photographed by **John Ocampo of Studio 100**

Art direction by **Regine Paola Velilla**

Styling by **Joy Merryl Ngo**

Food preparation by **Nina Daza-Puyat** (Ghouly Guacamole, Nugget Tombstones, Dirty Rice), **Via Pelea** (Pumpkin Piñata Cake, Dirt Cupcakes), and **Janelle Año** (Berry Bloody Punch, Spider Mallow Cookies)



The SET-UP

Cheap Halloween decors from the local toy store can go a long way in transforming your home into a haunted house for the night. String some **fake cobwebs** over doorways and furniture. Scatter **toy cockroaches**, **spiders**, and **rats** on your dining table. You can also put small LED lights in **plastic pumpkin buckets**, and strategically place the buckets around the venue. For the final touch, download audio files of **spooky sound effects** (think creaking stairs, ghoulish screams and whispers, thunder, and howling winds) to play in the background. Don't forget to dim the lights!

Ghoulish GAMES

- Get kids to **decorate masks** that they can bring home after the party. Provide cardboard masks, construction paper, crayons, glitter, glue, and child-safe scissors.
- For a **scavenger hunt**, hide goodies (like small toys or bags of candy) around the house, with clues on where to find the next treat.
- Play a game of **mummy relay** by dividing kids into two groups. Give them rolls of toilet paper and have them take turns wrapping each other in toilet paper from head to toe. The first team to "mummify" all their members wins!
- Entertain parents and older kids with **horror movies** like *Nightmare on Elm Street*, *Friday the 13th*, *The Shining*, and *Dawn of the Dead*. Younger kids can watch movies like *Monster House*, *The Nightmare Before Christmas*, and *Corpse Bride*.



SAFETY Tips

- If you're dealing with very young kids, be sure to **remove inedible components from food** (such as cupcake toppers and toothpicks) before serving it.
- **Gory and realistic party decors** (such as fake decapitated heads) **should be off limits!** You don't want to give the kids nightmares!

Fake cobwebs, pumpkin buckets, and plastic creepy crawlies are available in National Bookstore and Toy Kingdom. You can download Halloween sound effects for free at <www.spookysoundtrack.com>

A FEARSOME FEAST

All of these recipes make use of store-bought ingredients to save on time. With some creativity, you can put a spooky spin on everyday food.

SPIDER MALLOW COOKIES

Use **pipng gel** to adhere **orange and brown candy sprinkles** to **Chocomallow cookies**. To make spider cupcake toppers, glue toy spiders on toothpicks.

DIRT CUPCAKES WITH GUMMY WORMS

Top **store-bought cupcakes** with **crushed chocolate cookies**. Using a small knife, make 1-2 holes on top of each cupcake and insert **gummy worms** into the holes.

GHOULY GUACAMOLE

Using kitchen scissors or a knife, cut out "ghosts" from **tortillas**. Poke tortillas with toothpicks to create eyes. Brush with oil then toast until light brown and crisp. Serve with **guacamole** (recipe on p.45).





BERRY BLOODY PUNCH

Rinse a sterile latex glove thoroughly to remove the powder. Fill the glove with **orange juice**, tie the cuff, and freeze. Prepare **strawberry juice** according to package instructions. Before serving, carefully cut open the glove and unmold the frozen "hand." Place hand in strawberry juice and serve.





PUMPKIN PIÑATA CAKE

Makes one 10" cake

INGREDIENTS:

- | | |
|---------|--------------------------|
| 1 box | Yellow cake mix |
| 1 ½ tps | Vanilla or lemon extract |
| | • Orange food coloring |
| 1 | Ice cream cone |

FILLING:

- Jelly beans
Mini M&M's

FROSTING:

- | | |
|----------|--------------------------------|
| 1 cup | Butter |
| 2-3 tps | Clear vanilla or lemon extract |
| 3 ½ cups | Powdered sugar, sifted |
| 3 Tbsps | Heavy cream |
| | • Orange food coloring |
| | • Brown food coloring |
| | • Green food coloring |
| | • Black food coloring |

(Recipe continued on the next page)



PROCEDURE:

1. Preheat oven to 350°F. Grease and flour a 10" bundt cake pan. Set aside.
2. Prepare cake mix according to package instructions. Add vanilla or lemon extract and mix well. Blend in orange food coloring.
3. Pour into prepared bundt pan and bake until done. Let cake cool before inverting the pan then transfer to a cake board. Cool completely before frosting.

MAKE THE FROSTING:

1. Cut butter into 16 cubes and put in a mixing bowl. Using an electric beater with a paddle attachment, cream butter at medium speed until light and creamy. Adjust mixer to low speed then add the vanilla or lemon extract, then add the powdered sugar 1 cup at a time. Add the cream and mix until smooth.
2. Before adding the orange food coloring, set aside 1 cup of frosting for the other colors. Add orange food coloring to frosting. Mix well.
3. Frost the ice cream cone using an offset spatula or back of a spoon

ASSEMBLE THE CAKE:

1. Pour jelly beans and mini M&Ms into the hollow center of the cake. Spread orange frosting all over the cake. Set aside.
2. From the 1 cup of remaining frosting, take 2 tablespoons frosting and add brown food coloring.
3. Frost the ice cream cone using an offset spatula or back of a spoon and place it on the hollow part of the cake for the stalk. Set aside.
4. Put a small star tip in a disposable piping bag then put 4 tablespoons of frosting. Pipe the icing on the cake to make the eyes, nose, and mouth of the pumpkin.
5. Add black coloring to 2 tablespoons frosting and transfer to another piping bag with a small hole tip. Pipe small black circles for the eyes.
6. Add green food coloring to the remaining frosting and transfer to another piping bag with a leaf tip. Pipe leaf patterns on top and around the pumpkin.



DIRTY RICE

Makes 6-8 servings

INGREDIENTS:

10 strips	Honeycured bacon, sliced
¼ kilo	Lean ground pork
1	Large onion, chopped
3 ribs	Celery, minced
½ cup	Minced red bell pepper
½ cup	Minced green bell pepper
¼ kilo	Selected chicken livers, washed and diced

SEASONING:

1 tsp	Salt
1 tsp	Ground cumin
½ tsp	Ground oregano
¼ tsp	Cayenne pepper
	Freshly ground black pepper
6 cups	Cooked white rice
2-3 Tbsps	Liquid seasoning

PROCEDURE:

1. In a large wok, heat bacon bits until fat is rendered and bacon becomes crisp.

NUGGET TOMBSTONES WITH DIRTY RICE

Fry store-bought chicken nuggets (we used Purefoods Chicken Breast Nuggets) in cooking oil until golden brown. Cut out thin strips of **nori sheets** to make a cross. Stick nori sheets on nuggets by wetting them lightly with water. Assemble the "graveyard" by making a big mound of Dirty Rice on a platter. Stick tombstone nuggets into the rice.

2. Mix in ground pork and continue sautéing until pork is cooked. Pour out any excess fat.
3. Next, sauté onion for about 5 minutes until soft, then add celery and peppers.
4. Mix in chicken livers and cook until pieces change color. With a fork, mash livers gently into the mixture. Season meat and vegetable mixture with salt, cumin, oregano, and ground pepper.
5. Mix in cooked rice and toss to distribute evenly. Season with liquid seasoning. Serve hot.



Bánh căn

HO CHI MINH CITY IS POSSIBLY ONE OF THE WORLD'S TOP DESTINATIONS FOR STREET FOOD.

The choices are plenty, the prices extremely affordable and the quality, always fresh. It seems that the Vietnamese do not stop eating and after a few hours in this city, you will find yourself following the same pattern of frequent light meals throughout the day as opposed to three heavy meals at fixed hours.

In this city, the energy is palpable. From early morning until the wee hours of the night, there is activity of every kind. On the streets, scooters are constantly jostling for space. Men, women, even entire families and impossibly huge deliveries cram on a single scooter. On the sidewalks, low tables and small plastic chairs quickly fill up with hungry locals and tourists eager for a quick bite.

The Vietnamese may come across as brusque, bordering on rude at times, but then again maybe it could just be the language barrier. Centuries of foreign rule, conflict, and war may have something to do with their perceived offhandedness, but once the ice is broken, expect genuine smiles and lots of laughter.

Despite the zooming scooters, **Ho Chi Minh (HCM)** is actually a walking city. Wide tree lined boulevards are distinctly Parisian and there is a bit of French era architecture that still remains.

Walking around the tourist center of District 1 is a good introduction to the city and its various street food. But the best way to experience HCM is no doubt on two wheels. A motorcycle food tour gives you access to other parts of the city beyond the usual tourist haunts.



HO CHI MINH ON WHEELS

TAKE YOUR TASTE BUDS FOR A SPIN

Words and photos by **Jennie Celdran**
Additional photos from **XO Tours**

The tour company, **XO Tours**, gives an excellent food tour with all female guides dressed in traditional Vietnamese *áo dài*. XO is short for *xe om*, or motorcycle taxi. The lady guides are svelte and petite yet they expertly navigate the busy streets of Ho Chi Minh at rush hour like any seasoned male driver would.

You'll spend the first few minutes white in the knuckles as you hold on tightly to the handlebars behind you. After a while you get used to it and then you begin to enjoy the breeze in your face and the animated conversation with your guide. All XO guides speak excellent English and have a great sense of humor.

The most vivid part of the motorbike ride is passing through *cholon* or Big Market in Chinatown. Your motorbike idles side by side hundreds of other motorbikes, and you are shoulder to

shoulder with the person on either side of you.

Your senses will be a bit out of whack at this point trying to process the many things happening all at once. There's constant movement of people and the noise from the motorbikes, not to mention the chaotic atmosphere of vendors hawking chicken, duck, crabs, snails, frogs, and even snakes that are all still alive! Vendors, customers, animals, and motorbikes are all funneled into a narrow street. When you are finally out of Chinatown you breathe a sigh of relief only to find yourself on a highway dwarfed by buses and trucks. Again you rely on the skill of the driver, and they do not disappoint.

At this point, eating is the farthest thing from your mind, but when the motorbike pulls into a huge open air



dining establishment, you are greeted by the aroma of grilled meat that makes your taste buds water. The whole tour group sits together. It's a big group of maybe 25: 10 guests, 10 guides, 1 team leader, and get this, 4 body guards!

You are seated with your guide and she serves you as if you were royalty! She grills your goat breast fillet, and serves it to you in a little bowl with different herbs and its own dipping sauce. She tells you this is the most prized part of the goat. It is chewy and has the texture of chicken gizzard. When wrapped with a sesame leaf and dipped into the fermented tofu sauce, it takes a whole new dimension.

Then she grills two whole frogs, one with skin and one without. She cuts it up and offers it to you. She tells you it tastes more like chicken than chicken, and she's right!

You have grilled shrimps next. With a pair of scissors she deftly removes the head and legs and gives you several skewers with the shell intact. The shell is crunchy while the shrimp is plump, sweet, and juicy. Bottles of Vietnamese beer are opened and everyone says "bababa" or "333" which is the name of the beer brand, *ba* being the Vietnamese word for "three". No "bababa" for your drivers though, only sugarcane juice for them, they're on duty after all.

From District 8 you head to District 4. You are told that this is the "gangster district," a dangerous area that is off limits to tourists. You look back and make sure the bodyguards are still tailing you as you enter District 4. The area looks residential, not at all menacing. The only difference is that there are little or no English signs. The streets are narrow and well lit with karaoke bars, barber shops, and eateries.



These jumbo shrimps are grilled while you wait!



So why come here despite its reputation? You are told the best seafood stalls can be found here. That's a good enough reason for you to go to the no tourist zone!

The group stops at a roadside restaurant with bright fluorescent lights, blaring music, low tables, and the regulation red plastic chairs. Crustaceans like shrimp, crabs, and lobster plus shellfish are the main attraction. They are alive and as fresh as can be.

Your tour guides begin by making a versatile dipping sauce of lime, pepper, and chili. It goes with everything you are told, and indeed it does. A plate of

unshelled crab claws is put before you arranged like a circular fan. With the hard work of removing the shells done for you, you can now sink your teeth into the meat and eat crab claw after crab claw. The meat is fresh and firm and you can easily eat a dozen.

Another plate arrives and this time it's a plate of huge scallops topped with chopped peanuts, chives, and a sweet and salty sauce. The scallops are fresh off the grill and are still hot. They are exceptionally good, you eat them from the shell and slurp the sauce and repeat the process.

A pot of soup is next, you open the lid and steam comes out. It is a soup of baby clams seasoned with tomato and lemon grass much like a Thai *tom yang* minus the heat. It's just what you need to warm and soothe your stomach.

Just when you think you've had your last dish, a hard boiled egg in a small green bowl is served to you. You bite into it and are surprised to discover that it's actually *balut* or *hột vịt lộn*. The Vietnamese version is served with a tamarind sauce, chopped peanuts, and cilantro. It's a different take on *balut* and it is quite delicious.

This is the last stop before you make the long journey back to District 1. Just as you are about to stand up, you are served *rau câu trái dừa* or fresh coconut

crystal jelly. The first layer is a rich coconut cream, the second layer is a light coconut jelly and the last layer is young coconut meat perfectly chilled and served in what else but a coconut! It's delightful and the best possible ending to a night like tonight.

TO BOOK A MOTORCYCLE TOUR LOG ON TO XOTOURS.VN

HCM STREET FOOD STAPLES

Phở is arguably Vietnam's national dish and their gift to the culinary world. *Phở* is a fragrant rice noodle soup. The broth is soup made from beef bones that have been left to boil for at least three hours. The mark of a good broth is that it should be crystal clear much like a beef consommé. Fresh rice noodles are added together with raw slices of sirloin and a handful of chopped scallions. It is served piping hot with a plate of fresh herbs, bean sprouts and chili peppers. Herbs can include basil, mint, and sawtooth coriander. Locals usually have a bowl for breakfast but it is served throughout the day and night. The broth is light yet filling with the herbs adding a new dimension, combining texture and aromatics while freshly sliced chili can bring just a hint or an explosion of heat depending on how much you put in your soup.



Crab claws, anyone?

If *phở* is the most popular soup, *bánh mì* is the most popular sandwich. Strictly speaking *bánh mì* translates to any type of bread. But when *bánh mì* is mentioned, the Vietnamese sandwich comes to mind. It has often been called the best sandwich in the world for a reason. Let's begin with the bread—it is a mini baguette much like the French version except it is made with rice flour. It should have a light, golden brown crust on the outside and on the inside, the dough should be soft, chewy and elastic. There are various varieties to choose from, and one of the most popular varieties is the *bánh mì thịt* or meatloaf. Into this best selling variety goes a generous amount of mayonnaise, followed by pâté, four kinds of cured meat, fresh cilantro leaves, pickled carrots and radish, soy sauce and fresh chili. The result is a bulging sandwich that you think you won't be able to finish until you consume the last delicious bite and think of getting another one. Warning, a bite into a slice of chili can bring tears to your eyes!

Vietnamese pancake or *bánh căn* is a quick snack made with rice flour and egg and cooked over coal. The rice flour mixture is poured into little clay pots and then it is covered with matching tiny clay covers. It cooks quickly and in under a minute the little pancake cups are transferred to a plate, topped with chives and fried bread. It is served with mango slivers, lettuce, and a variety of herbs. Such an elegant presentation for a quick snack! For dipping sauces, you have a choice between chili, fish paste, and peanut sauce. You wrap the *bánh căn* in lettuce add herbs and slivers of mango, choose your dipping sauce and take a very big bite. It's lighter than you would expect from such a big chunk. The green mango gives it a tang while the chili sauce gives it bite. The price? An unbelievable 25 Vietnamese Dong (or P50) for seven pieces. 🍴



The meatloaf *bánh mì* is a must try



Vietnamese baguette is made with rice flour



Phở is one of those dishes that you can customize according to your taste





feedback

Feedback features different groups that conduct feeding programs for the less fortunate



Arnel Pineda helped distribute the food we brought for the kids



A Song of Hope

ONE MAN'S MUSICAL JOURNEY LEADS TO HELPING THOSE IN NEED

Words by **Via Pelea**

Photographed by **Ron Mendoza of Studio 100**

Special thanks to **Sapporo Products Inc.**

SOMETIMES, A SUCCESS STORY BEGINS WITH A TALE OF SADNESS AND DESPAIR. That's how rock star Arnel Pineda's story begins. Having lost his mother at age 12, he was forced to quit school and fend for himself and his brother by plying the streets of Manila. He picked up scrap metals, bottles, and newspapers around Luneta Park to sell, sometimes washing cars for money to buy food. Although the future seemed bleak for Pineda, his faith in God never wavered and he somehow knew that his talent for singing was his ticket out of poverty.

Pineda achieved moderate success by joining singing contests and local bands but his biggest break finally came in 2007 when he was chosen to be the lead singer of the acclaimed U.S. rock band, Journey.

Instead of enjoying his success by accumulating things he never had, he returned to Manila after the band's first tour and bought bags of groceries to distribute to street children. "He wanted to do something significant with his success by offering them a sense of relief and hope. And he did this for two straight years. Every break from the tour gave him a chance to return to be with his family and give to street children," according to Milagros "Tita Miles" Casala, PR officer and surrogate mother to the artist.

Back in the US for recordings and more tours, he shared his heart to his band mates and newfound friends and soon everyone was pitching in to help organize a better way of giving. "Arnel volunteered to head the Philippine office and that's when the Arnel Pineda Foundation, Inc., officially opened in 2009," Tita Miles continued.

Blessed with the capability to give back, Arnel mobilized his team to join the battle against poverty and its ensuing havoc on the Filipino youth. Aiming to "bring a brighter future to street kids through education," the foundation partnered with a local school in Barangay Bagong Silangan Elementary School in Quezon City and selected four children to be part of the scholarship program. The children began in grade one and are currently in the 7th grade.

"APFi chooses their scholars based not [on the most intelligent student], per se, but deserving ones who are willing to learn and work hard. Those are the only criteria. The smart ones will always get the first break, but Arnel and [his wife] Cherry also choose those who are not as smart but are willing to learn," Tita Miles shared.

"We also conduct 2-3 feeding programs a year so that those who cannot be part of our scholarship can still feel blessed by receiving something from us," Cherry Pineda added.

"Because of God, I was in the right place at the right time and blessed with the right talent that opened the door for my success," Arnel shared. "I want these children to have the same break I received through education. You can join us in making a difference in other people's lives—however little you can share." 🍴

A prayer of thanks before the meal



Enjoying the meal with laughter among friends



The ever dependable Tita Miles in action

How to Help

1. Help **raise awareness** about the children's plight by telling friends and family about APFi.
2. **Volunteer.** APFi welcomes those who can share their time and talent to help in any of the projects.
3. **Donate** goods that might help in meeting the kids' educational and health needs. APFi welcomes school supplies, clothes, non-perishable food items, medicine, medical supplies, and other items for overall wellness. Please send these to:

Arnel Pineda Foundation, Inc.
146 Timog Avenue corner
EDSA 1103 Quezon City,
Philippines. Tel. No. (02) 998
0161 or 0925 893 0788

4. **Make a financial contribution.** For more information, visit arnelpineda.org or www.facebook.com/ArnelPinedaFoundationInc

A student flashes a smile for the camera as he receives his lunch

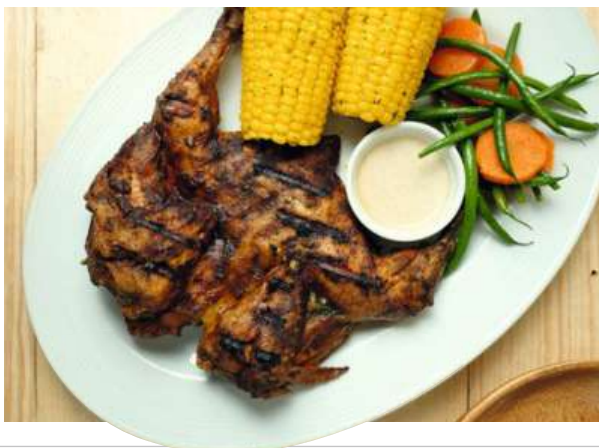




Hot Off the Racks

All chicken lovers are in for a lip-smacking treat with **RACKS'** newest hit, the Smoked Spring Chicken. The Smoked Spring Chicken is grilled over hickory wood until the meat is so tender, it simply falls off the bone. This grilled piece of heaven is served with fresh greens and some good old-fashioned corn on the cob. The flavors dance in your mouth with delicious smoky nuances perfectly complemented by RACKS' newest mayonnaise-based sauce, the Alabama White Sauce.

RACKS HAS BRANCHES ALL OVER METRO MANILA



Seoul Searching

Bulgogi Brothers gives you something to please both your palate and pocket with its reasonably-priced selections of prime quality meats and all-time favorite dishes served in portions that are good for two. Its Premium Rib Eye and Boneless Short Ribs platter, for instance, can now be enjoyed for only P995. Customers who simply want rib eye or all short ribs may order one of each at P595 per portion and wash it down with *makguli* or *bokbunja* just like how the Koreans do. The special deal also extends to the restaurant's signature dishes such as the Bulgogi Brother's Special, Seoul Style Bulgogi, and Unyang Bulgogi.

BULGOGI BROTHERS HAS BRANCHES AT GREENBELT 5, GLORIETTA, MALL OF ASIA, ALABANG TOWN CENTER, AND NEWPORT MALL

Let's Go Healthy



Eating healthy has never been this easy as **SaladStop!** offers the largest selection of fresh ingredients and locally inspired dressings in Asia. You can choose from a range of Signature Salads and Wraps, or create your own healthy, wholesome, and delicious meals. With over 60 ingredients and 18 homemade dressings to choose from, SaladStop! offers a unique dining experience. Their salads, wraps, soups, and yogurts are created fresh every day using the highest quality of ingredients. SaladStop! makes it a whole lot easier to adopt healthier eating habits by providing satisfying and tasty products.

SALADSTOP! HAS BRANCHES IN CENTRAL SQUARE, BONIFACIO GLOBAL CITY AND IN POWER PLANT MALL, MAKATI CITY

Break the Fast

Army Navy fires up a flavorful menu with new offerings: Adobo Flakes and Churros. Jumpstart your day with Adobo Flakes which perks up Army Navy's breakfast line with savory chicken *adobo* flakes served with garlic rice, egg, and *atchara*. Have a sweet, delectable dessert or *merienda* to your meal with Churros or deep-fried Spanish doughnuts that comes with a chocolate or caramel dip. Head on to Army Navy nearest you to sample these scrumptious new items for a truly awesome dining experience.

ARMY NAVY HAS BRANCHES NATIONWIDE



Winging it

Put your game face on because **Buffalo Wild Wings** recently opened its second restaurant in Glorietta 1. The new branch boasts of a gaming wall, the first ever in-store feature of its kind among more than 1,100 Buffalo Wild Wings locations worldwide. It offers sports fans a chance to play, and challenge each other while enjoying their wings and beer. This exciting feature is a novel way for fans to engage in friendly games, expand their circle, and bond over great food in a fun atmosphere.

BUFFALO WILD WINGS HAS BRANCHES AT ESTANCIA MALL, PASIG AND GLORIETTA 1, MAKATI





Goodness Gang

Rustan's Supermarket's Goodness Gang is making a comeback with brand new members of the Superfoodz Edition, and they're hitting the shelves as heroes of healthy eating and good nutrition. Leading the Goodness Gang is Max the Mighty Mushroom. Also included in the gang are Pippa the Playful Pepper, Alex the Action Apple, Billy the Brilliant Blueberry, Patrick the Powerful Pea, Thomas the Trusted Tomato, Olivia the Outgoing Orange, and Fiona the Fantastic Fig. Get yourself, your family, and friends in the bandwagon of health and good nutrition by bringing home the Goodness Gang from Rustan's Supermarket.

YOU CAN GET YOUR HANDS ON THE GOODNESS GANG UNTIL NOVEMBER 30 WITH COLORFUL AND ADORABLE PLUSH TOYS THAT CAN BE REDEEMED THROUGH STICKERS GAINED FROM SHOPPING IN RUSTAN'S AND PURCHASING SPONSORS' PRODUCTS



Come Alive

Healthy food doesn't have to be boring. The Farm at **San Benito's Alive! Restaurant** offers organic vegan cuisine every day, made fresh with natural ingredients that are sure to excite the palate. Alive! is proud of its 14-day menu, featuring creations inspired by Filipino, Japanese, Vietnamese, Indian, Middle Eastern, Mediterranean, and European cooking traditions. Guests staying for long retreats or those with dietary restrictions can look forward to special dishes that showcase a variety of tastes and textures, guaranteeing new and refreshing experiences in every meal. Experience Alive! by spending a day at The Farm or by booking a wellness treat.

THE FARM AT SAN BENITO IS LOCATED AT 119 TIPAKAN, LIPA, BATANGAS. VISIT WWW.THEFARMATSANBENITO.COM OR CALL (02) 884 8074 OR 0918 884 8080. EMAIL RESERVATIONS@THEFARM.COM.PH



Present Perfect

With the holidays fast approaching, the annual hunt for the perfect gift to give your loved ones begins. Trusted home brand **Tefal** introduces a new line of rice cookers that will make the best gift for the whole family. Mecha Congee and Microcomputer Rice Cookers pave the way for innovative and convenient preparation of the everyday staple. Both rice cookers feature a multi-layer ceramic-coated pot with embossed diamond patterns to increase its heating surface thus giving a more homogenous heat diffusion and cooking result.

TEFAL IS AVAILABLE IN LEADING DEPARTMENT STORES NATIONWIDE



Fitness Frenzy

A lot of people think that a perfect physique solely depends on a gym workout, making many hopefuls feel that it is difficult to get their dream body. Now, there's no need to fret as **Century Tuna** reveals the right figures to live by in achieving toned abs. Century Tuna Lite has 50% less fat and 50% less salt versus other regular flakes in oil. Aside from protein, tuna is an excellent source of important nutrients such as the minerals selenium, magnesium, and potassium; not to mention vitamin B complex and omega-3 essential fatty acids. Omega 3 DHA is not only good for the heart; it also helps burn body fat, shrink abdominal fat cells, and stop certain genes that trigger inflammation and belly fat.

CENTURY TUNA LITE IS AVAILABLE IN ALL LEADING SUPERMARKETS AND CONVENIENCE STORES NATIONWIDE



Fresh Start

With our busy lives and hectic schedules, we often dash out the door without giving a second thought to breakfast. But without a nourishing meal to fuel you up in the morning, what kind of start are you really giving yourself? Marrying the healthy goodness of milk and whole grain oats with the convenience of a grab-and-go drink, **Quaker Good Start Oats Dairy Drink** delivers the on-the-go nourishing energy to power your day. It keeps your tummy and taste buds happy too, as it comes in two delicious flavors: Banana Crème and Vanilla Malt.

QUAKER GOOD START IS AVAILABLE IN LEADING SUPERMARKETS AND CONVENIENCE STORES NATIONWIDE



A Culinary Showdown

Now on its 19th year, **Kumbira**, the longest running culinary show in Cagayan de Oro, was held last August 12-14 at the Atrium of the Limketkai Center. Organized by COHARA or the Cagayan de Oro Hotel and Restaurant Association and co-presented by Ajinomoto with Appetite as one of the media partners, the three day event was acclaimed a rousing success.

"Let's Talk Ingredients" was this year's theme and most of the competitions in both professional and student rounds, focused on a main ingredient.

Some of the most exciting competitions were the Dessert Buffet display competition, which trained the spotlight on Philippine mangoes and pineapples; and the plated dessert competition, which tested the skills and creativity of professional chefs as they worked with coconut. Another event brought out some very interesting recipes using Philippine chocolate *tablea* as a drink.

Several outstanding and impressive pieces were put on display by the culinary students for the Pica-Pica Platter, the Sugba de Oro Platter, the Creative Cake Decorating, and the Artistic Bread Showpiece with the theme Cagayan de Oro Landmarks.

The main event was the Ajinomoto Umami Culinary Challenge, with two main events: the Best Umami Filipino dish, won by University of Southern Mindanao, North Cotabato, and My Own Umami Creation, won by Liceo de Cagayan University.

The winners of Kumbira's Chef Wars this year were the students of the Mindanao University of Science and Technology (MUST). They will be representing Mindanao in the Grand Chef Wars in Manila this October.



Chef Myrna Segismundo and Kiddie Pantry Chef contestant



Winners of the Dessert Buffet showed their best form using the Philippine mango

The prestigious panel of Pinoy judges of this year's Kumbira included Chef Robby Goco, Chef Myrna Segismundo, Chef Jill Sandique, Chef Penk Ching, Chef Sandy Daza, Chef Ed Tuason, Manny Torrejon, Micky Fenix, Gina Navarro, Eleanor Nilo and Appetite's Nina Puyat. Leading the foreign contingent as judges were Chef Norbert Gandler of ISCAHM, Chef Dietmar Dietrich, Chef Cheong Yan See of Enderun, Chef Stefan Adje and Chef Jean Pierre Migne.



Peninsula In Pink

The **Peninsula Manila** is again thinking pink for a purpose this October, **Breast Cancer Awareness Month**. Marking its fifth anniversary in 2015, the annual Peninsula in Pink campaign to raise awareness and funds for breast cancer charities is undergoing a creative makeover to become "The Art of Pink." All of the Peninsula hotels worldwide will present a month of pink-infused art, dining and room experiences for guests to enjoy.

The Peninsula Manila will host an exhibition of artwork at The Lobby from October 1 to 31 by acclaimed Filipino artists BenCab, Elmer Borlongan, Impy Pilapil, Plet Bolipata and Ramon Orlina; furniture designer Kenneth Cobonpue; and select pieces from the collections of some of the finest contemporary Filipino galleries. All the pieces will be auctioned on October 1, with the proceeds donated to the Philippine Foundation for Breast Care, Inc. which is rehabilitating the Breast Care Center of East Avenue Medical Center in Quezon City.

As always, an exclusive Peninsula in Pink ribbon pin has been designed to mark Breast Cancer Awareness Month. Pins are available for sale at a dedicated donation desk in The Lobby for P250, with a portion from each pin sold donated to the Philippine Foundation for Breast Care, Inc.

The hotel's flower arrangements will also adopt a rose hue, and guests can enjoy pink-infused gourmet dining and room experiences, with part of the proceeds donated to the Philippine Foundation for Breast Care, Inc.

The Lobby's premium teas selected and blended by The Peninsula's tea masters can be enjoyed throughout October with a special The Art of Pink Peninsula Afternoon Tea, featuring rose-tinted sweet and savory treats presented on a tiered platter for P1,250 or from a buffet for P1,680. In addition, the Pink Afternoon Tea offers may be paired with a glass of rosé Champagne at P1,980 for the set or at P2,350 for the buffet. For every The Art of Pink Peninsula Afternoon Tea sold, guests will receive a Peninsula in Pink ribbon pin and a donation will be made to the Philippine Foundation for Breast Care, Inc.

A special themed pink dessert will also be on offer in all the restaurants throughout October: "Belle Epoque," an airy confection of ivory chocolate, strawberry, mascarpone, and Madagascar vanilla for P490, including a Peninsula in Pink ribbon pin. More pink pastries are available at The Peninsula Boutique at P190 each. For every pink dessert sold, a donation will be made to the Philippine Foundation for Breast Care, Inc.

All restaurants will offer a delicious new pink cocktail this year to honor this meaningful initiative, priced at P600, including a Peninsula in Pink ribbon pin, and P400 without the pin. Another special concoction, a pink mocktail is available at P490 with a Peninsula in Pink ribbon pin, and at P320 without the pin. For every pink cocktail sold, a donation will also be made to the Philippine Foundation for Breast Care, Inc.



Wow sa Davao with Chef Gene Gonzalez

The Activity Center of the NCCC Mall in Davao City was abuzz with anticipation last August 29 for the **Wow Davao! Cooking Demo** with KitchenPro brand ambassador Chef Gene Gonzalez. The afternoon began with Masflex VP for Marketing and Innovation Hiren Mirchandani inviting several members of the audience to cook their own popcorn in front of the stage area. It was a fun and easy challenge where the participants got to snack on popcorn that they cooked while watching the demo.

The main event started with Chef Gene doing a Filipino and Spanish fusion dish: *pinakbet* paella. Everyone in the audience was intrigued especially because he used a local *bagoong* called “uyap” to flavor the all-vegetable dish. Next, he cooked a *sarsaparilla* chicken—a whole chicken marinated and later stewed in a local softdrink. Chef Gene also wowed the audience when he made an impressive spun sugar topping for his *maja* durian, using Davao’s most prized fruit. The last recipe was the army soup, a spicy, hearty soup, using several Korean ingredients. In between the cooking demonstrations, Hiren asked Adobo Queen Nancy Reyes and Appetite’s Nina Puyat to assist in the raffle, giving away several raffle prizes to the audience from Ajinomoto, Jolly, Good Life, Clara Olé, Ideal Macaroni, Magnolia, and Hunt’s.

The fun afternoon ended with Chef Gene displaying his professional knife skills when he did the “Fruit Ninja” knife sharpness test. With the help of his Masflex Kitchen Pro knife, he sliced a huge watermelon in mid-air, eliciting gasps and thunderous applause from the audience.



Chef Gene Gonzalez cuts paper using a Kitchen Pro knife



Pinakbet Paella



Maja Durian



Chef Hiren teaches volunteers how to make popcorn



The best part of the demo was tasting the dishes



Sweet Cravings at The Manila Hotel

The Manila Hotel welcomed Chef Jerome Benda as its new executive pastry chef. "Jerome's creations are not just sweet foot notes to cap off every meal, they echo his many experiences, European roots, spirit of adventure, and passion for flavors," said Nian Liwanag-Rigor, Assistant Vice President for Public Relations and Corporate Communications.

"I consider the French macarons as my trademark. The flavors I made are unique and the textures play with one's palate. They melt in your mouth. The *mille-feuille*, my own version of custard cream slices topped with glaze is rich in taste. I also take pride in my baked cheesecakes. One can choose from the traditional blueberry or jelly glazed fresh strawberries." Chef Jerome Benda revealed.

With an impressive background including a silver medal from then French President Jacques Chirac, to being the head pastry cook catering to the King of Morocco, Chef Jerome promises to revolutionize The Manila Hotel's dessert menu using the finest ingredients available. These sweet indulgences are available daily at Café Ilang-Ilang's buffet dessert station and from the hotel's delicatessen at the Grand Lobby. Indeed, sweet endings at The Manila Hotel will never be the same.

THE MANILA HOTEL IS LOCATED AT ONE RIZAL PARK, MANILA. FOR MORE INFORMATION, CALL 527 0011 OR VISIT WWW.MANILA-HOTEL.COM.PH; FOLLOW THEM ON FACEBOOK AT WWW.FACEBOOK.COM/THEMANILAHOTEL AND ON TWITTER @MANILAHOTEL AND INSTAGRAM @MANILA_HOTEL.

recipe box

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Guacamole	45
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i have an appetite

Mega in the Kitchen

As told to **Ella Laxa Pangilinan**

Megastar Sharon Cuneta is not only a gifted host, singer, and actress—she's also a great cook who loves whipping up meals for her family too! Sharon is no stranger to the kitchen. She has been fascinated with food since childhood, and was at one time the editor in chief of her own food and home magazine, *Sharon at Home*. She also has her own baking mix line (*Celebrations by Sharon*) as well as her own cookbook, *Celebrations by Sharon: Baking Favorites*.

WHEN DID YOU FIRST BECOME INTERESTED IN COOKING?

At a very young age, probably the same time I noticed people walking, hahaha! We are a foodie family.

WHAT DO YOU ENJOY MORE, COOKING OR BAKING?

I love doing both. It depends on the mood and the need.

HOW DO YOU BOND WITH YOUR YOUNGER KIDS IN THE KITCHEN?

They help me. For example Frankie can do the gravy and stuffing, or when I ask her to [cook] salmon, she already knows how to do my secret recipe. Miel likes to help in the preparation stage like slicing. We all love being in the kitchen together as a family.

WHAT IS THEIR FAVORITE DISH TO COOK WITH YOU?

We love making the turkey, especially because Frankie is good with the gravy.

WHICH COOKING SHOWS DO YOU WATCH OR FOLLOW?

Barefoot Contessa is one, and many more!

WHICH HEIRLOOM DISH WAS A FAVORITE OF YOUR MOTHER, ELAINE CUNETA?

A lot of Filipino and Spanish dishes like my mama's *mechado* and *asado*, which came from my *lola*. She had six sisters and all of them, including my *lola*, loved to cook. My *lola* even made our own *patis* so she was sure that it was clean. Up to this day, all my *titas* have their own specialties so I love it when we all get together.

WHAT KIND OF FULFILLMENT DO YOU DERIVE FROM COOKING AND FEEDING YOUR LOVED ONES?

For us, food is not just about the eating. It really is [about] communing, sharing, and the way we express love. My thinking is that it's harder to give my time and labor than it is to buy something, which is why I like giving myself a hard time when it's for loved ones. It's kind of proof of my love for them



that I go through all the trouble. It is pure joy because every dish I make is a labor of love because I don't cook for just anyone, it's really mostly for family because there is a lot of us, especially in the extended family, and we rarely get together. When my kids ask for something special—like when Miguel asks for pasta, or when Frankie asks for Korean barbecue or meat loaf—it really is my happiness. Maybe it's my being partly Kapampangan, but it's really how I show my love and it comes from the heart.

PLEASE COMPLETE THE SENTENCE, I HAVE AN APPETITE FOR...

Foie gras, a good cheeseburger, baked oysters, *lechon kawali*, barbecued chicken, *sinigang na baka*, *bulalo*. Basically anything except insects, rodents, pets, and human beings, hahaha! 🍴

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